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Get Schooled

What's Good is your intro-to Burlington

Hello, students. Welcome — or welcome back — to Burlington. Glad to have you. Please take your seats.

You're here for an education, right? The truth is, not all learning happens in the classroom. Your professors will expand your intellectual horizons, but they won't be delivering PowerPoint presentations on the town's best eats, and they don't know which local bands justify rescheduling study group.

Enter What's Good. This pocket-size handbook is your orientation to the Burlington scene — and, unlike your other textbooks, it's totally free. Consider it required reading.

Everything in these pages is cherry-picked by people who live here, including current college students and recent grads. Written

and compiled every year by the staff of *Seven Days* — Vermont's only alternative newsweekly — What's Good is an introduction to your new stomping grounds, the city and state we know and love. We want you to enjoy them as much as we do.

This guide addresses the basic needs of college students — you know, nightlife, outdoor adventures, entertainment and food. We can't help you deal with your annoying roommate, but we can point you in the right direction for a lack-aaa roadtrip, or offer advice on how to stretch your measly student budget.

Trust us, you'll want to study this insiders' guide to the city. Burlington is your new home, sweet home. What's Good will help you make the most of it. **wg**

— Carolyn Fox

We know **what's good.**

Seven Days, Vermont's award-winning, locally owned newsweekly, comes out every Wednesday. You can pick it up — for free — at more than 1000 locations throughout Vermont and Plattsburgh, N.Y., including on your college campus.

Each issue contains music listings, CD reviews, a calendar of local events, cartoons, movie times, political coverage, personals, food news, job ads, and in-depth stories and interviews.

Prefer digital to print? Nearly all of *Seven Days'* content is online at sevendaysvt.com. It's free — just like the paper — and you can search the archive for stuff we've published in the past. You'll also find blogs, videos, a local music podcast, e-newsletters and reader restaurant reviews.

If social media is more your style, find us on Facebook or follow us on Twitter.

Seven Days was founded in 1995 by two journalists, Pamela Polston and Paula Routhly, who initially came to Vermont to go to college. See what can happen when you stick around after graduation?



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wg

ON THE COVER *New Duds*

Drawn by Torrey Velyou, the *What's Good* cover illustration interprets a westward view of Burlington's Battery Park. Against the backdrop of Lake Champlain, the massive sculpture depicts Chief Grey Lock, a leader of the native Abenaki people. At 34 feet tall, the statue is part of Hungarian-born artist Peter Wolf Toth's nationwide "Troll of the Whispering Giants" series. Each of the towering, hand-carved works resembles and honors the natives of the region in which they stand.



Velyou and his wife, Tessa — both UVM grads — run *New Duds*, a wearable-art and fabric-goods studio based in Colchester.



Learn more about *New Duds* in an episode of "Stuck in Vermont," *Seven Days*' weekly web video series. Scan the QR code, or type in the link, to watch the video.

www.7days.com/2017/new-duds



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Meet the
people who
wrote and
designed
**what's
good**



Sarah Alexander

Sarah Alexander came to *Seven Days* as a food intern and is currently a junior at UVM. She has a carrot tattooed on her right forearm and hopes to one day marry a bearded man and grow an abundance of vegetables.



Ryan Bent

Ryan Bent, Champlain '08, turned his love of photography, design and snow sports into a full-time gig as the senior photographer for *80/Photo*. The Burlington studio's clients include Lake Champlain Chocolates and Burton. He recently bought a house in Burlington's Old North End.



Dan Bolles

Seven Days music editor Dan Bolles was once awarded a Little League certificate for "trying hard." Though the accolade was presumably meant to reward 11-year-old Dan for his hustle, what it really implied was, "You suck at baseball." As a result, Dan has not tried hard since. He made a brief cameo as a UVM student.



Carolyn Fox

Seven Days calendar editor and '09 Champlain grad Carolyn Fox moonlights as a food blogger. Carolyn lives for great Vermont road trips and daydreams about retiring in the Champlain Islands — before remembering she's only 34. She's read at least six books about lake monsters. Sadly, no Champ sightings yet.



Celia Hazard

Celia Hazard grew up in Morrisville and studied graphic design at Parsons The New School for Design in New York City. She moved back to Vermont after graduation in 2009 and is in her junior year as a *Seven Days* designer. She can't remember how many different hairstyles she's sported in the last two years.



Alice Levitt

Alice Levitt reports on the Vermont food world for *Seven Days*. Fans of wrestling may remember her work in *WWE Magazine*. Fans of erotic puppet theater are more likely to remember her as the voice of Magenta in Saints & Pests Production Company's *The Rocky Horror Puppet Show*.



Tyler Machado

Tyler Machado is the deputy online editor at *Seven Days* and a 2010 graduate of St. Michael's College. He spends all of his time on Twitter. Literally, all of it.



Emily Rose

A 2010 St. Michael's College grad, Emily Rose has a passion for all things sweet. When she's not attempting a new pie recipe, she's indulging in a good book or taking photos with her iPhone lens. Since joining *Seven Days* as sales assistant, she's developed a coffee addiction — and a suspicion that she may have been a Titanic passenger in a past life.

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Rural Dictionary

Shit Vermonters say — and what it means
By Tyler Nichols

You'll find out soon enough that "Vermonters" have a funny way of talking. Not only do the natives tend to draw out vowel sounds at will and skip consonants altogether, they also have a peculiar parlance you simply won't hear much beyond the Green Mountain State.

Fret not — you don't have to be a language major to communicate in the Vermont vernacular. Below, we translate some of the most common local lingo you'll encounter during your time here. And remember: When someone asks you how it's going, just respond with, "Not too awful bad." It means "great!"



Woodchuck:

The opposite of a flatlander — a proud native of rural Vermont.

Leafpeeper:

A tourist who comes to Vermont to check out the fall foliage



The 802: Another way of saying Vermont. It's a reference to the single area code that covers the entire state. Yep, Vermont really is that small.

Abenaki: The name for the native peoples who first inhabited the Champlain Valley. See cover boy Chief Grey Lock.

Ayup: How a native Vermonter expresses confirmation or agreement. Other common Vermontisms: "Hard sayin'", "not knowin'" and "You can't get there from here."

Bernie: Vermonters are on a first-name basis with Sen. Bernie Sanders, the self-proclaimed socialist who's one of just two independents in the U.S. Senate.



Bevy: An alcoholic drink — or, sometimes, local slang for a liquor store.

Champ: The prehistoric sea monster that is said to live in Lake Champlain. It's the mascot of Burlington's minor-league baseball team, the Lake Monsters.

Creemee: A cone of soft-serve ice cream. Try a maple one.

CSA (Community-Supported Agriculture) or Farm Share: Consumers pay in advance for local farm products, usually distributed weekly. The downside: six weeks of nothing but turnips.

Flatlander: Anyone who's not from Vermont. Sometimes uttered as an insult, sometimes worn as a badge of pride.

Jeezum Crow: Not the state bird, but an exclamation Vermonters use that's basically an inoffensive way of saying "Jesus Christ."

The Logger: The personification of Vermont redneck humor, as played by iconic state satirist Rusty DeWore, pictured at the upper left.

Michigan: The Vermont term for a chili dog. In warm weather, you can order one from the yellow Beansies bus in Battery Park, pictured on the cover.

Onion City, Burlington's Brooklyn or the 'Noosk: All are nicknames for the city of Winooski, a word that means "wild onion" in the Abenaki language.

Queen City: A centuries-old nickname for Burlington, commonly given to port cities. "BTX," derived from the Burlington International Airport code, is a more contemporary moniker.

The Roundabout: In Vermont, the transportation term typically refers to the traffic circle in downtown Winooski, which is still vexing locals years after its construction.

Skidoo, Sled or Snow Machine: All alternate terms for a snowmobile. "Snow machine" — or simply "machini" — means riding a snowmobile.

Sugaring: The colloquial term used by native Vermonters to refer to the production of maple syrup (aka "liquid gold"). Try it in your coffee. 



The Main Events

Stuff you don't want to miss. By Carolyn Fox

Your days are just packed. One week into college, you'll no doubt have a calendar full of classes, study groups and school breaks. But someone's got to make sure you get your fried-dough fix at Vermont's biggest fair and jump into the freezing-cold lake in February.

We've rounded up a few must-see, must-do events below. Get 'em on your schedule, stat, and keep up with the latest off-campus happenings by checking *Seven Days* every week in print or online at sevendaysvt.com.

FALL

CHAMPLAIN VALLEY FAIR

Summer, like all good things, must come to an end. But at least it goes out with a bang at this 10-day festival in nearby Essex Junction, which doubles as a college student's perfect introduction to Vermont. You'll find a mix of cotton-candy fun and carry-canoes at the state's largest fair, from the massive Ferris wheel to giant pumpkins to high-wire acrobats. Stick around for nightly concerts on the grandstand, too; this year's big-name performers include Demi Lovato and Train. Need we mention that the people-watching can't be best?

Saturday, August 25, through Monday, September 3,
Champlain Valley Exposition, Essex Junction
878-5545, champlainvalleyfair.org

WINTER



BURLINGTON PENGUIN PLUNGE

The wind may be howling and your nose hairs frozen, but come the first Saturday in February, you'll invariably encounter Vermonters going for an icy dunk in the shallow waters of Lake Champlain. Are they crazy? Maybe a little, but it's for a good cause. Each stalwart swimmer has raised money for Special Olympics Vermont. Take the plunge — or at least show up for the spectacle. It includes a Plunge Parade and costume contest, and falls on the same weekend as the Burlington Winter Festival.

Saturday, February 2, Waterfront Park, Burlington
863-5232, penguinplunge.org

MUD SEASON



MAGIC HAT MARDI GRAS

Big Easy come, Big Easy go — but Burlington's annual Fat Tuesday fête is a Party Gras to remember, and the cue-all for the late winter blaha. Thousands of revelers line downtown avenues for this spicy N'awlins-style street bash with a Queen City community vibe; the fun benefits HOPE Works, an organization working to end sexual violence. Come in costume to catch beads, moon pies and Lake Champlain Chocolates — no fasting necessary. Then let the good times roll as a parade of themed floats wheels through town. www.magic-hat.net/mardigras

Late February or early March, downtown Burlington
magic-hat.net/mardigras

South End Art Hop



Have those 500+ local artists stirred out of the woodwork for open studios, funky exhibits, live music and a fashion show of locally made threads.

Friday, September 7 —
all day, September 8,
Pine Street corridor, Burlington.
859-9222, seebc.com/art-hop

Winter Is a Drag Ball



Kiss cabin fever goodbye at this campy benefit for the Vermont People With AIDS Coalition. Last year's theme was "Cowgirls and Gaylens." No telling what shenanigans this year will bring, but we bet it'll involve feathers and fake eyelashes.

Mid-February, Higher Ground, South Burlington.
652-6777, highergroundvt.org

Queen City Craft Bazaar



Impassioned local craft jewelry and creative decks are among the items offered by dozens of local crafters, artists and designers at this biannual indie fest.

November and May, dates TBA,
Union Station, Burlington.
323-4252, queencitycraft.com

WORD ORIGIN:
1. COASTLINE OF TEXAS
2. 19.5 MILES FROM TEXAS
3. 22.5 MILES FROM TEXAS



Burlingtones 101

A crash course in local music

By Dan Bolger

There really aren't any hard statistics we could find to back this up — you're in college, you look it up — but, per capita, few cities rival Burlington's diverse musical wealth. From funk to hip-hop, jazz to heavy metal, indie-rock to bluegrass, house to hardcore and beyond, you'll find something to satisfy almost any taste.

What follows is a primer highlighting a few of the names you should know in local music; it is by no means comprehensive; in fact, it barely scratches the surface of what you'll find on any given night at clubs around town. Use it to get acquainted with your new home — then flex those research skills you're supposed to be learning to dig deeper and discover your own favorites. You'll be glad you did.

CHAMBERLIN chamberlinband.com

We're going out on a limb and guessing you've probably heard of Grace Potter & the Nocturnals. They're kind of a big deal. But you may not have heard of the band's up-and-coming protégés, Chamberlin.

Nocturnals guitarist Scott Tourner discovered the band in 2010 — he also produced Chamberlin's debut, *Sister Blood* — and GPN took the quartet under their wing. Since then, Chamberlin have taken flight, and their reverb-drenched brand of blues-y indie rock has won over fans both at home and around the country.

RECOMMENDED IF YOU LIKE

My Morning Jacket, *Band of Horses*, *edie (eds)... edie...*)

LIKED THAT? TRY THESE

- *Blues and Lunars* bluesandlunars.com
- *Waylon Speed* waylonspeed.com
- *Spirit Animal* revelationz.com/spiritanimal



ZACK DUPONT

• zackdupontmusic.com

The cornerstones of any music scene are its singer-songwriters. In Burlington, Zack duPont is quickly staking his claim as the city's go-to voice for intimate, hushed murmurings.

Whether solo or with his band, duPont boasts incomparable instrumental skill — perhaps owing to his time spent with local prog-rock dynamo, Japzy Ryder — and uncommon lyrical depth and grace. His 2012 album, *Somewhere in Between*, is a lock for many a local year-end "Best Of" list.

R E S L

Iron and Wine, M. Ward, feelings

LIKED THAT? TRY THESE

- **Maryse Smith & the Resonance**
marysesmith.com
- **Split Tongue Crow**
www.splittonguecrow.com
- **Paper Cattle**
papercattlemusic.com

RYAN POWER

• ryanpower.org

If you follow Vermont music even casually, you will inevitably encounter the work of Ryan Power. As a highly sought-after recording engineer and producer, he has tweaked knobs and faders on an incalculable number of great Vermont recordings from his Burlington recording space, Stu Stu Studio. (If you're too young to get that reference, Google "Phil Collins." Or ask your parents.)

But before he was Vermont's answer to Rick Rubin, Power was known to locals as "indie-rock Jesus" and one of the state's great musical treasures. Now the rest of America has caught on to his unique, humble genius. His recently rereleased album *I Don't Want to Die* has garnered national buzz, disarming a snark-laden blogosphere with shimmering, electro-pop tones and Power's effortlessly angelic voice.

R E S L

Real Estate, Bear in Heaven, facial hair

LIKED THAT? TRY THESE

- **Errands** facebook.com/errandsband
- **Landslay** landslaymusic.com
- **Pannaga** myspace.com/pannaga



CRISTOPHER D'AMICO FOR PORT

CRISTOPHER D'AMICO FOR PORT



THE LYNGSTIC CIVILIANS

—thelyngsticcivilians.com

You're new here, so we'll forgive you for being surprised that Vermont has a thriving hip-hop scene. But it's true! Particularly over the last decade, few genres have experienced as much growth, both in quality and quantity, as hip-hop in the 802.

At the head of the class are the Lyngstic Civilians, who are not only the state's preeminent hip-hop group but are among the cream of the local crop, period. Their five-MC attack nabbed three Green Day's Reader's' Picks awards in 2011 for "Best Unsigned Vermont Band" and "Best Vermont Hip-Hop Artist"—which we like to think is a pretty big deal.

RISE!

Jurassic 5, the Cool Kids, spinning on the ones and twos

LIKED THAT? TRY THESE

- **The Artist:** theadartist.com
- **Danny Bick:** dannybick.com
- **Face One:** faceone.bandcamp.com



NEXUS ARTIST MANAGEMENT

—nexusartists.com

On a national level, electronic dance music (EDM) is as popular as it has ever been. And the Queen City is by no means immune to that malignant, bass-heavy throbs. More than ever, EDM reigns supreme in Burlington and can be found at local clubs nearly seven nights a week.

Among the trend locally are several groups of interconnected DJ collectives, such as Nexus Artist Management, that form a thumping web of beats and breaks. They represent all manner of EDM styles, from house to booty bass and dubstep to moombahton.

RISE!

Porter Robinson, Skrillex, uzi-uzi

LIKED THAT? TRY THESE

- **Mushpost:** mushpost.com
- **Benjoe Hi:** benjoehi.blogspot.com
- **2K Deep:** 2kdeep.com

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MSR PRESENTS

msrpresents.com

For all its musical riches — and there are many — Burlington is not exactly a destination for the vast majority of touring bands. In reality, it's essentially a pit stop for national acts on their way to larger cities. But being nestled between Montréal, Boston and New York means BTV music fans have access to a disproportionate number of big-name and up-and-coming bands that would typically fly over other similarly sized towns.

Established venues such as Nectar's and Higher Ground have long taken advantage of Burlington's convenient geography to snag great bands. But, recently, a band of independent promoters adopting the tactic has produced a stunning array of amazing concerts. At the forefront are Matt Rogers and his company, MSR Presents. Often teaming with like-minded outfits such as Angioplasty Media, MSR has been responsible for an overwhelming flood of hip music, from indie icons Jeff Mangum (Neutral Milk Hotel) and Thurston Moore (Sonic Youth) to bands such as Edward Sharpe & the Magnetic Zeros, the Talbot Man on Earth and the Morning Benders. MSR Presents has a knack for catching them just before they blow up nationally.

REAL

Bragging to your friends, "I saw [great band here] before they were cool."

LIKED THAT? TRY THESE

- Angioplasty Media angioplastymedia.net
- MMA tapes.mmapro.com
- Skate & Main Records skateandmainrecords.com



KAT WRIGHT & THE INDOMITABLE SOUL BAND

katwrightsoulband.com

Kat Wright & the Indomitable Soul Band began as a weekly Thursday night session at Burlington's coolest of haunts, Radio Bean. Through that always-packed residency, the sultry diva and her band of merry soul men steadily evolved into an R&B juggernaut. They're now among the area's most dynamic live acts, thrilling audiences at clubs all over the region with incredible, classic soul sounds — though you can (and should) still catch them at the Bean every Thursday.

REAL

Mayer Hawthorne, Sharon Jones, letting your backbone slip.

LIKED THAT? TRY THESE

- Motown Monday at Club Metronome clubmetronome.com
- Sara Groves facebook.com/saragrovesmusic
- Joshua Penda joshuapenda.com

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Meal Plan

Where to find off-campus eats

by Amy Papp

You're in downtown Burlington and you're hungry. Do you A) high-tail it back to campus where you can sup on a free cafeteria buffet, or B) seek out something new? It's choose your own adventure time.

How to decide? As long as you've got a few bucks, you don't have to rely on cafeteria grub day in and day out. Burlington is full of edible options, whatever the thickness of your wallet.

We studied the official college food pyramid and came up with recommendations for your daily dose of burgers, pizza and milkshakes, among other important food groups. Whether you're piling quarters from your laundry-money stash or Mean and Gail are paying, here are some tips for where to chow down in B-town.



STEAL



SPURGE



Pizzeria Verità: Rucola e Prosciutto Pe-

BURGER

Shopping Bag

 100 North St.
Burlington 658-4790

What's \$4.99, greasy and bag enough for two? No, this isn't a "yo mama" joke. We're talking about the Sobak Slider, a mighty burger topped with Montreal steak seasoning, two kinds of cheese, bacon, special sauce and a salad's worth of veggies. Pick up groceries for later, too. After all, this is a convenience store.

The Farmhouse Tap & Grill

 160 Bank St.
Burlington 859-0888

The classic beef burger here is far from stodgy, the grass-fed patty is dressed with Landall Creamery cheese, housemade bacon and house-pickled onions. The other gaities on the menu are farm-fresh, too — from Winding Brook Farm pork topped with an egg and fennel slice, to heirloom-bean-and-barley with Laughing Lotus Farm kintosh. The pumpanos ranges from \$13 to \$15, but trust us — with a side of fries and housemade condiments, you won't regret your investment.

PIZZA

Junior's Downtown

 170 Main St.
Burlington 662-1231

For a true New York-style slice, head to this Main Street eatery, an offshoot of the more upscale Junior's Italian in Colchester. Two extra-large slices should be plenty for all but the most steadfast nights of cramming for finals. Even combos such as the Hawaiian with bacon, ham and pineapple or Greek with spinach, feta, tomatoes and black olives will run you little more than three bucks.

Pizzeria Verità

 136 St. Paul St.
Burlington 489-3644

Don't expect a pepperoni pie on puffy dough here. This Neapolitan pizzeria specializes in thin, chewy crusts topped with high-end ingredients. The San Marzano tomatoes hail from Italy, but the mozzarella is made in-house. Individual pies will run you between \$8 and \$15, but the glow of the delicious Rucola e Prosciutto, with its fresh arugula and salty prosciutto di Parma, will linger on your taste buds — and in your memory.

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SHAKES

My H2O

49 Church St.
Burlington 658-6888

Located in the Burlington Town Center, this bubble-tee shop has pages upon pages of tasty menu options that include smoothies and shakes with tropical fruits, and also some rather involved milkshakes, none of which exceeds \$4. The Mint Chocolatey is made with mint-chocolate-chip ice cream, chocolate chips and mint syrup for an entire jolt of freshness. The Nutty Crunch features maple ice cream, pecans and cashews, plus almond syrup.

Levity Café

9 Carter St.
Burlington 318-4888

Two words: Guinness milkshake. It's your luck of the Irish that this comedy club serves not only dumplings, soup and decadent desserts, but also lots of creative drinks, from Vietnamese coffee and bubble tea to the humdinger: It's \$9 of lusciousness, where about merits vanilla ice cream, caramel syrup and chocolate sauce. And you don't have to wait until there is a comedy show — Levity opens at 2 p.m. six days a week.



Stacker Cuban Pork Sandwich

A.M. SANDWICHES

Kountry Kart Deli

155 Main St.
Burlington 864-4408

The classic Morning Star is \$3.75 and consists of bacon, ham or sausage with egg and cheese on a toasted bollox roll. You can opt to pile on the meat with the slicest comical large dandydine Shiner, stacked with steak, sausage, ham, bacon and Taylor pork roll. It has crispy hash browns, too, because you need to eat your vegetables.

Penny Cluse Café

109 Cherry St.
Burlington 651-8834

The double-wide breakfast sandwich, cut in half with an over-hard egg on either side, is perfect for sharing. The care that goes into the sandwich is what justifies its \$7.25 price tag. Bits of sharp cheddar run off the sides of its gobbled, crusty sourdough, making crisp little cheese chips. Instead of ham or bacon, ask for the housemade sausage patty — it's dense, tangy and peppery.

SANDWICHES

99 Asian Market Eatery

242 N. Woodside Ave.
Burlington 865-0225

Hungry, but only have \$3.99? Asian Market has you covered! That's the price of one of its banh mi sandwiches. They're made to order with pork loin or marinated beef stuffed into a toasted baguette. The real flavor, though, comes from cilantro, pickled carrots and daikon, thin slices of beef's-eye chile, a slick of mayo, and a splash of soy sauce. You might get addicted, but it's a habit you can probably afford.

Stacks Sandwiches

7 N. Woodside Ave.
Burlington 540-0090

It all starts with a bike that brings freshly baked, artisan-baked rolls from sister bakery August First to this new sandwich spot. From there, you get to choose from roasted local meats, classic sub stuffings or even Indian-flavored chicken. Regular and large grinders will run you between \$6 and \$10. We recommend the Italian, filled to the brim with tangy, salty meats, sharp Provolone, and oil and vinegar. Or try the Cuban Pork, made with hot, pickle-and-cheese-stuffed pork shoulder.



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Meal Plan



Farah's Place: Family Plate



San Sai Japanese Restaurant: Volcano Roll

ALL-YOU-CAN-EAT

August First

149 S. Champlain St.
Burlington 540-0060

You may have tried a pizza buffet at Pazzo Hut or Cio's, but don't let that scare you. The quality doesn't suffer at this all-you-can-eat flatbread extravaganza. In fact, this Friday-only event is an open secret among Vermont's pizza-lovers for the delicious, freshly baked pies, crafted from local ingredients. Strike up a conversation with strangers as you share a table and pass around slices as they come out of the oven. There's salad and dessert pizza, too, all for \$12.

Farah's Place

147 N. Winooski Ave.
Burlington 540-3093

OK, at \$15, it's only three dollars more than the deal in the category. But all-you-can-eat doesn't get any more highbrow than the Thursday buffets at Farah's. Tehran native Farah Oberlander cooks most of her recipes for the buffet, including Persian salads, dips, stews and kebabs. Save room for homemade, rose-scented baklava with a traditional tea service.

ASIAN

Bamboo Hut

1130 North Ave.
Burlington 548-4188

The eatery in a former convenience store may not be much to look at, but it serves the tastiest noodle bowls and egg rolls around. Bring a friend to room on No. 1A, the eight-piece combo egg rolls (\$4.75). The varieties include whole, wonton-wrapped shrimp, chicken with sweet onions, and classic Vietnamese-style, with chopped pork, vermicelli, and strong flavors of ginger and cilantro. You can also get a 30-count egg-roll platter for \$20—quite the deal, if you're hungry enough.

San Sai Japanese Restaurant

112 Lake St.
Burlington 862-2777

You can easily get away with a satisfying meal of sushi or small plates here for little more than \$10. However, you may want to save up for the big guns at Burlington's finest sushi restaurant. The chef's-choice meal is \$20, but it includes four courses of original, handmade dishes full of uncommon Japanese ingredients, grown locally. Think homemade tofu or fuku with yuzu and tea salt. The meal also includes the best fried green tea ice cream you'll ever taste!

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DOWNTOWN BURLINGTON



City Market/ Hot Bar

VEGETARIAN

City Market/ Onion River Co-op

G 82 S. Wisconsin Ave.
Burlington, 861 9700

It's easy to find great meat-free meals on both the hot and cold bar at this downtown market. Daily specials include Creole corn, vegan chili and maple-mustard beets. There are veggie options at the sandwich counter, too. Save room for a homemade dessert such as strawberry-rhubarb clafoutis.

A Single Pebble

G 133 Bank St.
Burlington, 865-5200

This is the place to gather 'round the lazy Susan and share a meal of small plates. Try the sweet chiu eggplant and vegetable-filled red oil dumplings. The vegan mock oil has made a name for itself. Alton Brown raved about it on the Food Network's "The Best Thing I Ever Ate."

Best of the Burlington Area

**American Flatbread — Burlington Hearth
Eggs Benedict Flatbread**

Brunch American Flatbread — Burlington Hearth

115 St. Paul St.
Burlington, 861-2999
Bring friends to share the heart-attack-on-a-plate known as the eggs Benedict flatbread. Tomatoes and a sprinkling of herbs lend freshness to the orgy of sunny-yolked eggs, Hollandaise, mozzarella and capers.

Late-night snack

Amir's Kebab Cart
Church Street Marketplace
Burlington, 978 9525

Whether you're stone-cold sober or a little tipsy, a Bosnian kebab from Amir always tastes great. Whatever you order, you won't be able to resist the garlicky sauce.

Cocktail

Pistou
61 Main St. Burlington, 840 1283
The name may conjure Snoop Dogg, but avant-garde restaurant Pistou's Gin, No Juice cocktail is anything but gangsta. Made with sweet Lillet wine, ginger liqueur, elderflower, lime and gin, the flavor is aromatic and delicately floral — and the booze packs a punch.

Breakfast pastry

Mirabelle
198 Main St. Burlington, 658 3224
You'll think you stepped into a Parisian café when you see the piles of colorful macarons and buttery, flaky croissants. We recommend the humble popover, executed to perfection. A tasty selection of jams rounds out the deal.



Cupcake

New Moon
100 Cherry St.
Burlington, 383 1405

This café's Cupcake Kites change seasonally and always include vegan or gluten-free options. That's not to say the mini desserts aren't indulgent. Unconventional flavors include the Green Machine — matcha green tea cake topped with a Day-Glo Mob of lemon-avocado frosting.

Coffee Magliero Café

87 Maple St. Burlington, 861 3153
The drinks are creative at this hip coffee joint known for its cappuccino art. Even those who think they don't like java can get a jolt from the Speedster Rocket, composed of two shots of espresso and milk, or a simple and refreshing peppermint leaf tea.

Pho Pho Pasteur

38 Main St. Winooski, 487 0289
Order the No. 10. The long-cooked steak sucks every bit of sweetness from its beef-bone base, but it's the flavors of onion, ginger and coriander that make this Vietnamese noodle soup sing. Throw in fresh basil, lime juice and bean sprouts for a meal perfect in any weather. **wg**

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It's the weekend! You've got nothing to do — and only \$20 to do it with. How do you stretch your student-size allowance to get the most out of town? We gave three college kids a crisp Jackson each and had them report back. With these awesome resources, you'd never guess they were pinching pennies.

B-town on a Budget

A cheapskate's guide to the Queen City
Compiled by Carolyn Fox



Andie Asacker

Upland College '13

Age: 21

Instagram: [Eckes](#), New Hampshire

Major: Communications

Favorite thing: Hula-Hooping in Burlington City Hall Park

Grand total:

\$18.47



Get your culture on

Visit the BCA Center, I remember being nervous I'd go before my freshman year, but you really can just walk right in, say hello to the receptionist and explore the gallery. It's free, but I donate \$1. 121 Church St., 855-7666, [burlingtonbcacenter.org](#)



Tea time

My best friend and I share a pot of Tasting, a sweet and minty Moroccan tea, at Doherty's Tea. This place has a menu I could read all day. \$5.60. 88 Church St., Lanesboro or 855-321. 851-0424, [dohertystea.com](#)

Go old-school

I buy pen and paper from the discount bin at Boullier's Art Center, and find a sunny Church Street perch to write a letter. \$1.64. 134 College St., 864-9475, [boulliers.com](#)

See a band

I jam out to the Edd, my favorite Burlington band, at Hector's. Their music is perfect for dancing. \$5 cover. 108 New St., 858-4177, [hectorsbar.com](#)

Midnight munching

Split a slice of pesto pizza with my boyfriend at Mr. Mike's. It's always open late. \$2. 294 New St., 864-8872



Sweet treats

I get an almond butter crunch at Lake Champlain Chocolates. Yum! \$3.30. 85 Church St., 864-1881, [lakeshamplanchocolates.com](#)





Morning exercises

Roll out a mat for partnered flying yoga at Lululemon Athletics Store. You can't always take classes at the Church Street storefront, but check the website for the store's partnerships with other Burlington fitness studios. All you have to do is name-drop "Lululemon" at check-in to attend for free.
22 Church St., 888-4437, lululemon.com

Locavore grocery shopping

Buy spinach and camons at the Burlington Farmers Market. \$2, noon

- May-October: every Saturday, Burlington City Hall Park and St. Paul St., 8-10 a.m.-2 p.m.
- November-April: every other Saturday, Memorial Center, 10 a.m.-2 p.m.
burlingtonfarmersmarket.org

Hogging onto

Wander down dirt roads and past vegetable farms in Burlington's Interim. Inspired, buy seeds for my garden patch. \$4

- Interim Center, 188 Interstate Rd., 888-8448, interim.org
- Burlington's Supply Company, 118 Interstate Rd., 888-2966, gardeners.com

Afternoon thrifting

Find a ridiculous neon hat and colorful windbreaker at Shalom Shuk, a gem of a thrift store tucked behind the Ohav Shalom Synagogue. Ready to turn some heads? \$5-100. 8 Prospect St., 884-8208, facebook.com/shalomshuk

Sweet finish

Get a creesee with rainbow sprinkles from Burlington Bay Market & Cafe. Take it to the waterfront — there's nothing better. \$2.50
125 Battery St., 884-8710, burlingtonbaycafe.com



Sarah Alexander

University of Vermont '14
Age: 23
Locations: Boca Grande, Florida
Bugs: Crickets, centipedes, spiders
Best pizza toppings: I own one-third of a turquoise Volkswagen bus.

Grand total:

\$19.50

Après-paça breakfast

Order decadent coffee cake and a smooth, rich latte at Paradiso Bakery. \$5
281 N. Wood St., 881-7825, paradisobakery.com





Colin Ellis

St. Michael's College '18

Age 22

Residence: Portland, Maine

Majors: Journalism, political science

Fun fact: I met Kanye Bacon once. He was a really nice guy.

Grand total:

\$14.25



Lakeside lounging

Arrive at Waterfront Park just in time for sunset. Free.
Bottom of College St., exploring-the-city.com/waterfrontpark.htm

Park the car:

Find a spot in the Burlington Town Center parking garage. I'm dedicated enough to move my car in and out every two hours, so it's free.

Coffeehouse fix:

Fuel my coffee addiction with the French-pressed regular roast from Bluebird Coffee Shop. \$2.25.
Corner of College and Church streets. 888-3479
coffeehop.com

Midday meal:

Order a pulled-pork burrito with all the fixings at Bueno y Sano. It's a massive undertaking, the burrito is the size of a Bicken Free. \$8.
253 College St., 844-8888, buenoy sano.com

Book it:

Peruse mostly secondhand reads at Crow Bookshop. Free.
14 Church St., 843-8881, crowbooks.com

Marketplace meander:

There are always plenty of bookers on Church Street, and I follow my ears to Vermont Joy Parade, giggling outside of Banana Republic. Free.
883-1881, churchstreetplace.com

Get a pint:

Vermont Pub & Brewery makes its own beers — don't ask for a Bud Light here. I have an O'Shenanigan's, an English brown, that goes down smooth and sweet. \$4.
144 College St., 845-8888, vermontpub.com





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The campus bookstore has all the textbooks and college hoodies you'll need. But if you're looking for new jeans or a tapestry for your dorm room, it's time to head down the hill toward town.

We've highlighted a few of our favorite locally owned stores below, categorized by typical college-related consumer needs. You'll find more options in the Shop Here directory on page 96.

Good Buy

A sampling of what's in store downtown. By Caitlyn Fox



When you need a kick-ass Halloween costume: **Old Gold**

188 Main St., Burlington, 804-738

Stepping into this vintage outpost on Main Street feels like teleporting directly to Manhattan's East Village. Since 1973, the mom-and-pop shop has stocked the best in wacky used and consignment wear — picture eggs and go-go boots. In every hue imaginable. There's never a shortage of hot pants, 1950s prom wear, fedoras or feathered headdresses, either.

Every fall, the cavernous back room transforms into a mecca for Halloween costumes. Whether you want to go as Sasquatch or a saucy version of any Disney character, Old Gold has got you covered — and the uberfriendly staff, well-versed in the history of fashion, are happy to help style your look. A bit of advice: Shop early. No one wants to get stuck wearing a Santa suit on All Hallows' Eve.

Also try: The Clothing Line, [Clothing Treasures](#)

When you're sick of staring at white walls:

The ReSTORE

288 Pine St., Burlington, 855-4545, [restorevt.org](#)

Dorm room Rein' ain't easy. The bathrooms are communal, the carpets are nasty and the walls are a boring shade of white. Luckily, all it takes are a few great accessories to transform a blah living space into one that's, like, totally badass.

Enter the ReSTORE, trading in used and refurbished furniture, electronics and décor. Not only does this place cater to a college student's meager budget, it saves perfectly usable household goods from the landfill. If you can get past the dust bunnies, you'll find a big supply of mirrors, paintings, curtains and photo frames to spruce up your lackluster walls. Or go big. Loft your bed and buy a cheap used couch to put underneath. Soon your room will be the dorm's raddest hangout.

Also try: [Kismet](#), [Kross & the Little Fox](#)

When you'd like to buy some incense — or maybe a pipe:

The Bern Gallery

135 Main St., Burlington, 855-0094, [bern-gallery.com](#)

The Bern Gallery isn't your average smoke shop. It's not your average art gallery, either. In the warmer months, you'll see visitors chilling at the outdoor hookah bar. Inside, you'll find counterculture drawings and paintings, local T-shirts, and some of the most amazing glassblown pipes — aka "functional" art — on the East Coast. It ranges from tiny bowls to a tricked-out Star Wars-inspired bong with a \$9000 price tag.

From September 17 to 22, check out the annual Pipe Classic, which draws pipe artists from all over the world to make molten marvels in the on-site glassblowing booth. If you can take the heat, schedule a lesson.

Also try: [Northern Lights](#), [Full Tilt](#)

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When you don't
really wanna dress
like a Vermonter:
Bella Boutique

36 Church St., Burlington, 855-1754

What, you don't like hippie ponchos and ear-flap hats? We'll be the first to admit Vermont isn't exactly known for its high fashion — in 2011, *GO Magazine* denounced Burlington as the 28th-worst dressed city in the U.S. However, if you're female, there are a few must-stop shops that'll keep you from becoming yet another sad sartorial statistic. (Guys, we have two words for you: Urban Outfitters.)

In its downstairs Church Street location, Bella Boutique stocks summer dresses, colorful handbags and any scarves that feel distinctly European. Every item you'll see has been handpicked to fit with Bella's signature style: "a little artistic, a little poetic and bohemian, yet always classic and hip." And remember to buy lots of layers. It gets cold here in Vermont.

Also Try: Stella Rex, Benelli, Ecco

When you need
to buy a gift:
**Frog Hollow
Vermont State
Craft Center**

81 Church St., Burlington, 853-4458,
frog hollow.org

It's the day before winter break and you're running around Church Street, scrambling to buy Christmas presents for your entire family. Hieg, you had finals. You were busy. We get it. Have no fear — Frog Hollow, on Church Street, is a one-stop shop for every gifting occasion, ever.

Part gallery, part store, this State Craft Center — the nation's first, by the way — is for anyone who's ever wished the items in museum exhibits were for sale. More than 200 Vermont artisans display their one-of-a-kind, handcrafted goods here on a rotating basis. We're talking about everything from crazy clay robots to bird ornaments. Pay a little extra, and they'll gift-wrap it for you.

Also Try: The Vermont Basket Weave and Board Company, Saratoga River Rd Co

When you break
your board front-
side flipping down
a 10-stair: **March**

151 Cherry St., Burlington, 855-1518,
marchvt.com

You don't have to know what a pop shove-it is to shop at this downtown skate store, but it helps. Skaterbros and -girls dig the Cherry Street outpost for its collection of boards, riding gear and the latest skate videos, others are drawn in by the lifestyle apparel. That includes everything from graphic tees to Ray-Ban shades, from trendy jeans to an entire wall of neon socks.

The staff will also be able to clue you in to skateboarding events and contests, and can recommend the best places to skate locally.

Also Try: Brite's High

When you want to
kick it old-school:
**Burlington
Records**

130 Bank St., Burlington, 851-8883,
burlingtonrecords.com

Do you consider yourself a serious music lover? No, just listening to Spotify doesn't count. (Serious audiophiles will appreciate the motto of local landmark Burlington Records: "Music is the soundtrack and historical record of our lives.") So it should come as no surprise that the place carries turntables, amps, cassette decks and all the other equipment necessary to celebrate tune-playing, past and present. And did we mention the vinyl?

Whatever genre you're into — punk, hip-hop, classical — you'll find an LP to suit your tastes. (You can stop waiting for that New Kids on the Block album.) There are also killer concert posters, classic issues of *Rolling Stone*, electric guitars and even a few LaserDiscs, for the really retro. **wg**

Also Try: Pure Pop Records, Speaking Volumes



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Getting the Picture

From the Green Mountains to the lake's edge, a Burlington photographer — and Champlain '08 grad — trains his lens on the Vermont landscape
Photography by Ryan Bant

1



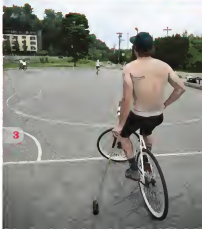


1. Burton Snowboards set up this jump — called “the Stash” — off of a ski hut at Killington Resort. It’s deep in the woods, and only the locals really know about it. The setup changes every year, but it always uses natural features, like trees, as rails.



2. These crazy pink flowers came with my farm share one week last summer, alongside rutabagas and kohlrabi — veggies I’d never even seen before. You practically have to go vegetarian to keep up. My girlfriend, Chelsea, and I would just starve everything.

3. North of the Burlington Skatepark, there’s this old roller-hockey rink. People — like my buddy Ryan — play like polo there constantly. They’re so friendly, they make you play if you put your feet down during a game, you have to ring a bell before you can play again.





4

4 Some friends and I were having a pre-season roll jam behind Ledy Park, using snow dumped from the ice rink. My girlfriend started doing yoga down by the lake, and the lighting was just right to catch her reflection in the nearby pools of water. I grabbed my camera; you only get a five-minute window to catch Vermont sunsets.

5 It was a weekend morning — after a late night out — and I ran into these local skateboarders, Zach and Thomas, chilling on Church Street. Just as I was snapping their photo, they spotted another brand. Everyone knows everyone in Burlington.

6 My friend Adam had just bought a house, so we hiked Camel's Hump and popped a bottle of Champagne at the summit to celebrate. It's the third-highest mountain in Vermont — you can see everything from the top. 



5



Biking BTU

Tips on two-wheeling your way through town

By Tyler Machado

Car owners, be warned:

On-campus parking permits are expensive. So are parking tickets. And you don't even want to deal with winter parking bans.

Save yourself the time and the hassle of driving in Burlington — for a college student, these streets are best navigated by bike. Sure, it's cold here most of the year, and the city has more hills than bike lanes. But you can't beat the flexibility, mobility and low cost of cycling. And you'll look cool, too. Here are a few tips to maximize your pedal power.

Safety first

In a bike versus car collision, guess what? The car always wins. So put lights on the front and back of your bike. Don't blow through stop signs and red lights at full speed. And, seriously, wear a helmet.

Bike to the bus

When you need a motorized lift, remember: CCTA buses are outfitted with bike racks (and free with your student ID). Because coasting down to the waterfront is no sweat, but pumping back uphill to campus isn't as fun.

Move over

Sad but true: Bike lanes in Burlington are scattered and poorly thought out. So, whether you're biking, driving or even longboarding, you have to share the road. Think of it as good karma.

Increase your carrying capacity

Invest in a basket or a crate for your bike. It's the easiest way to haul around books, groceries and just about anything else.

Secure your ride

Burlington is generally a safe city, but bike thefts are depressingly common. Buy a sturdy U-lock — it's the unlocked rides that are most likely to get snatched.

Lube up

Your bike will last longer and ride better if you take good care of it. Get it tuned up once a year, keep it clean of mud and road debris, and make sure you keep the moving parts nice and lubricated. It doesn't hurt to behold a bike mechanic — or learn the skills yourself.





Where to Buy a Bike

Old-school cruisers are great for riding around town. They're cheap and reliable, and the retro factor will boost your hipster cred! Check out **Old Spokes Home** on North Winooski Avenue for the best array of used bikes in town. Ask to see the attic for the full selection.

If you're looking for something fancier — a rugged mountain bike or a sleek road bike — visit **Skirack** and **North Star Sports** on Main Street, or the **Alpine Shop** and **Earl's Cydery & Fitness** in South Burlington. Save some dough at their spring bike swaps.

For more deals on used bikes, keep an eye on the **Seven Days classifieds**. Your campus bulletin board is a good spot to go bike shopping, too.

Best Bike Routes

1. **Burlington Bike Path.** This tourist-friendly trail is almost completely flat and connects all of MTV's best warm-weather spots, Colledge Park, Waterfront Park, North Beach and Ledyard Park. If you're feeling ambitious, ride it all the way up through Colchester to the Island Line Trail that jabs into Lake Champlain. The best part? No cars. But watch out for rollerbladers.
2. **Riverside Avenue Bike Path.** This 10-foot-wide paved path makes biking between the Old North End and downtown Winooski a breeze. Thanks to the nearby Koffee Kup Bakery, it always smells like doughnuts, too.
3. **Cycle the City.** Need a tour of your new hometown? This route incorporates sections of the Burlington Bike Path, unpaved trails and on-road bike lanes for a 10-mile loop around town. Stop in at the Intervale for a taste of local food, climb to the top of the tower in Ethan Allen Park and check out the art scene along Pine Street in the South End.

For handy maps of these and other local routes, visit trailfinder.info, developed by Vermont nonprofit Local Motion. org



Road Trips

Getting out of Burlington By Carolyn Fox

Vermont's biggest city is a pretty ideal place to call home: it's loaded with places to eat, shop and hang out. But, as a popular local saying goes, "The best thing about Burlington is that it's close to Vermont." In that spirit, here are three recommended day trips. Two of them will help you discover what the 902 is really all about; the third will introduce you to the French-speaking metropolis that's just 93 miles to the north — 154 kilometers in "Canadapeak." Hope you brought your passport.

CHAMPLAIN ISLANDS

Island getaway, anyone? There's nothing tropical about the archipelago known as the Champlain Islands. But on the shores of its five towns — South Hero, Grand Isle, North Hero, Isle La Motte and Albion — you'll find some of Vermont's best beaches.

Start your bumming at **Sand Bar State Park**, just four miles north of exit 17 at the south end of the causeway that connects Colchester and South Hero. That's scenic Route 2, and it leads all the way up to the **Albion Dunes State Park**, near Canada. The dunes — formed at the tail end of the last ice age — have eroded over time, but the beach there is one of Lake Champlain's longest. Both sandy spots are known for their shallow water.

Just up the road from Sand Bar is **Snow Farm Vineyard**, where you can stroll the grounds and take in

live music every Thursday night of summer. Twenty-one? Pay a few bucks to taste reds and whites, or an extra-sweet ice wine — one perk of Vermont's brisk winter temps.

Hungry? Locals order burgers and fries at **Seb's Snack Bar**. Apples — and cute animals — await at **Allenholm Farm**.

You're surrounded by water; why not go paddling? **Hero's Welcome** in North Hero rents out kayaks, pedal boats and canoes — plus bikes, ice skates, cross-country skis and snowshoes to cover all seasons. They make great sandwiches, too, with weird, Vermont-centric names.

In Albion, **Lakes End Cheeses** is located on one of the islands' many small farms. On cheesemaking days, look on as goat's milk becomes soft cheese or brie — or swing by the retail store to sample their **Shoreline Chocolates** from mid-June through Labor Day.

And don't head home before tasting some **Island Homemade Ice Cream**, available at pretty much any island convenience store. It comes in unusual flavors like Caramel Turtle Fudge and Vermont Maple Bacon.



Sand Bar State Park
883 2825, vtsateparks.com/html/sandbar.htm

Albion Dunes State Park
796 4170, vtsateparks.com/html/albion.htm

Snow Farm Vineyard
372 WINE, snowfarm.com
Seb's Snack Bar
372-6611

Allenholm Farm
372 5566, allenholm.com

Hero's Welcome
372-4161, heroswelcome.com

Lakes End Cheeses and Shoreline Chocolates

796-3730, lakesendcheeses.com
Island Homemade Ice Cream
372-6266, islandhomemade-icecream.com

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MIDDLEBURY

Meet Middlebury, Vermont's other college town. Nestled in the lower Champlain Valley, it has a downtown that straddles the dramatic Otter Creek Falls.

Just 35 miles from Burlington, Middlebury makes for a sweet sojourn. To get there, simply head south on Route 7. Leave time for a short detour to Vergennes for French pastries and a latte at the **Vergennes Laundry**. This white-washed pizzeria — it was a laundromat in a past life — has been featured in *Food & Wine* and is the perfect spot to fuel up for sightseeing.

Once you reach downtown Middlebury, scope out **Middlebury College**, aka the birthplace of the International Quidditch Association (A few years back, *Midd* lads translated the wondrous sport into a real-life field game. And you thought e-gamers were geeky.) Not only will you encounter hordes of fellow college students — a welcome sight in a small state that boasts two degrees of separation instead of six — but the school's arts programming is top-notch. Check the calendar for foreign films at **Dana Auditorium**, world-class

performances at the **Mahoney Center for the Arts** and curated exhibits at the **Middlebury College Museum of Art**.

Off campus, **Town Hall Theater** is another place to soak up some culture. Built in 1884, it's now home to battles of the bands, musicals and local theater. Or catch a movie at the downtown **Marquis Theatre**. Strolling around for the evening? Two words: **51 Main**. This college-owned hangout is a great place to hear live music, sip cocktails or order tapas. There's never a cover charge, and you don't have to be 21 to get in.

Outdoor options abound in Middlebury. You can explore the 14-mile, all-seasons **Trail Around Middlebury**, or "TAM," as the locals call it. Twelve miles east, the **Blair Nordic Center** has even more breathing room for snowshoeing or cross-country skiing.

Once you've worked up an appetite, Middlebury is your oyster. The **Storm Café** makes a mean roasted-garlic-and-potato soup. **Costello's Market**, located in the hip Marble Works district, is a great place for subs and daily specials, order to go and picnic by the falls.

Beveries? If you're of age, sample the wines at **Otter Creek Brewing** or **Lincoln Peak Vineyard and Winery**. If you're not, try the "drinking chocolate" at **Middlebury Chocolates**.



Vergennes Laundry
870-7157 vergeneslaundry.com
Middlebury College, Dana Auditorium, Mahoney Center for the Arts and Middlebury College Museum of Art
443-5000 middlebury.edu

Town Hall Theater
382-9222 townhalltheater.org
Marquis Theatre
388-4841

51 Main at the Bridge
388-8209 go51main.com
Trail Around Middlebury
388-1007 tamvt.org/tam

Blair Nordic Center
443-2744 middlebury.edu/about/facilities/blair

The Storm Café
388-1053 stormcafe.com

Costello's Market
388-3385 costellosmarket.com

Otter Creek Brewing
388-0727 ottercreekbrewing.com

Lincoln Peak Vineyard and Winery
388-7368 lincolnparkvineyard.com
Middlebury Chocolates
989-1610 middleburychocolates.com

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parcolympique.qc.ca/en

Montreal Botanical Garden
514-872-1400, www2.ville-montreal.qc.ca/jardins

Montreal Biodôme
514-868-3000, www2.ville-montreal.qc.ca/biodome

Montreal Biosphère
819-997-2800, ec.gc.ca/biosphere

Parc Jean-Drapeau
514-872-6120,
parcjeandrapeau.com

La Ronde
514-397-2000,
laronde.com

Mount Royal Park
514-843-8240, lemontroyal.qc.ca/en/accueil-le-mont-royal

Musée des beaux-arts de Montréal
514-385-9000, mbam.qc.ca

Musée d'art contemporain de Montréal
514-847-8226, macm.org

Jean-Talon Market and Atwater Market
514-937-7754, marchespublics-mtl.com

Lachine Canal National Historic Site
514-383-6254, ec.gc.ca/lachincan/index.aspx

Commenal
514-871-1480, commenial.com

Schwartz's Montréal Hebrew Delicatessen
514-842-4813, schwartzdeli.com

The drinking age is one reason college students travel to Montreal — it's 18 — but the culture capital of Canada boasts far more buzz-worthy attractions than bars. Just two hours and one passport away from Burlington, La Belle Ville is just the right mix of Old World charms and cosmopolitan entertainment.

Get your bearings at the **Montreal Olympic Tower Observatory** — at 574 feet, it's the world's tallest inclined tower. Visitors ride up the glass-enclosed funicular for a spectacular panorama of the city, overlooking the **Montreal Botanical Garden** — a living museum with lush thematic gardens and exhibition greenhouses — as well as the **Montreal Biodôme**, which recreates unique world ecosystems. In the depths of winter, you can warm up alongside tamarins and iguanas in the heated tropical rainforests.

The **Montreal Biosphère**, an environmental education center encased in a geodesic dome, is also worth a visit. The structure sits on an island in the middle of the St. Lawrence River — a spot also home to **Parc Jean-Drapeau**, one of the city's top performing-arts venues. (The massive Osheaga Music and Arts Festival takes place here each year.) And don't miss the thrilling roller coasters at the adjacent amusement park, **La Ronde**.

Called Montreal's "Central Park," **Mount Royal Park** is a natural oasis in the middle of the bustling metropolis, perfect for a picnic, a jog or ice skating, depending on the season. A grassroots hand-drumming group, the **Montreal Tim Tams**, hold an unofficial

festival here every Sunday from May to September, keeping the beat on everything from kitchen sinks to pots and pans. It's *joie de vivre* in action.

Looking for some visual stimulation? Pearl your eyes on American pop art and French impressionist paintings at the **Musée des beaux-arts de Montréal**, site the **Montreal Museum of Fine Arts**. Or get your fill of modern art, live music and cocktails at the **Musée d'art contemporain de Montréal**. Friday Nocturnes, held the first Friday of every month.

Any good traveler knows to follow the locals. The open-air **Jean-Talou Market** — stocked with big, beautiful fruits and veggies, cheeses and gourmet global cuisine — a great for roasting and people watching. **Deux Atwater Market**, which is near the bike-friendly **Lachine Canal National Historic Site** and the **Lacul-Groix Metro** station.

St. Catherine and St-Laurent streets are dotted with trendy shops and restaurants, from the vegetarian-friendly **Commenal** to **Schwartz's Montréal Hebrew Delicatessen**. Don't leave town without sampling poutine, a dish of French fries, cheese curds and gravy. It doesn't get more Montreal than that. **map**

**New
North End**

**Old
North End**

Burlington

**South
End**

Lake Champlain





To Canada

I-89 North

Colchester

St. Michael's College

Essex

Winooski

Winooski River

University of Vermont

To
STV
airport

I-89 South

South
Burlington

Champlain
Colchester

Proctorville

St. Albans

St. Albans

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Vermont
State Map

★ major ski areas



The Great Outdoors



You can't call yourself a Vermonter, even a temporary one, without taking advantage of the state's many outdoor escapes. Here's what you'll need to know — where to gear up, where to ski and ride — heck, even where to go sledding.

Outdoor Stores

ALPINE SHOP
1184 Williston Rd.,
S. Burlington, 888-2714

"Ski today, work tomorrow" is the family-owned outfitter's motto. You'll find everything you need for alpine escapes at its roadside ski shed — even skis for lease.

SNOW SPORTS

Embrace winter, or the alternative is coming to. Nothing lets you seize the season like a pass to one of Vermont's many alpine ski areas. See page 58 for a list.

BURTON FLAGSHIP STORE
60 Industrial Pkwy.,
Burlington, 866-3500

Respect your elders, especially if they invented your sport. Like Burton's flagship store is the first stop on any boarder's quest for gear.

EARL'S CYCLERY & FITNESS
2500 Williston Rd.,
S. Burlington, 866-6167

This suburban shop is all about pedal power. Its May bike swap is the biggest one around.

EASTERN MOUNTAIN SPORTS
100 Denet St.,
S. Burlington, 866-0473

Patching pennies? Bring your student ID to this supplier and get a 15 percent discount on regular retail.

THE NORTH FACE STORE @ KL SPORT
216 College St.,
Burlington, 888-4600

This is a one-stop, locally owned-and-operated shop for all your outdoor gear needs.

NORTH STAR SPORTS
100 Main St., Burlington, 863-3832

Don't know anything about assembling and tuning up a new bike? North Star will help you get your wheels spinning, whether they're yours or one of their rentals.

OLD SPOKES HOME
322 N. Wisconsin Ave.,
Burlington, 863-4475

Looking for a vintage ride? This small neighborhood business — which claims to be "the most unusual bike shop on the planet" — turns anything with two wheels and sells new stuff, too. Very cool.

LOOKING FOR A **THREESome?**

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The Great Outdoors

◀ The Great Outdoors CONTINUED

OUTDOOR GEAR EXCHANGE

37 Church St.,

Burlington, 888-543-4327

This downtown trading post is the place to go for good deals and consignment gear. Plus, its employees offer a wealth of outdoor know-how.

PATAGONIA BURLINGTON

157 Bank St., Burlington, 888-291-0

Need outdoor apparel? Whether you're going hiking, rock climbing, camping or skiing, the clothing company has got you covered, literally.

RIDIN' HIGH

2 Pearl St., Burlington, 888-8167

Longboarders stock up on gear and accessories at this small but distinctive corner shop. Seriously, it's covered in graffiti.

ROYAL CYCLES

158 Maple St., Essex Jct., 871-3100

This rider-owned-and-operated shop is known for its BMX selection. They do tune-ups, too.

SKIRACK

85 Main St., Burlington, 888-3313

SevenSports Industries America has called this the No. 1 ski shop in New England, but it's also a reliable bike shop with tons of two-wheelers, from BMX to downhill. They rent and repair, too.



BLUE CRUSH

Surf a up? You better believe it. Even in the confines of nippy Northern Vermont, you can ride the waves, rock a float in a lazy river or slip down a waterslide. Such is the beauty of Jay Peak's new Pump House Indoor Waterpark. Head there for wet-and-wild thrills — not to mention temps in the 80s.

Where to Climb

PETRA CLIFFS

100 Briggs St., Burlington, 887-3872

Chalk up, hit the walls and burn off some steam at Burlington's kick-ass indoor climbing and bouldering center. Need climbing equipment? They offer rentals.

Where to Surf, Swim & Waterslide

THE PUMP HOUSE INDOOR WATERPARK, JAY PEAK RESORT

800 Jay Peak Rd., Jay, 888-2811

Kept at 88-degrees year-round, Jay's brand-new waterpark features La Chute, an AquaLoop with a 80-foot free fall — as well as opportunities to surf, navigate river rapids and kick back in the hot tub.

Where to Bike

Ready to explore Burlington from behind your handlebars? See "Biking 879" on page 42 for a primer on the best routes and practices for pushing your pedals through town.

Where to Hike/ Backpack

CAMEL'S HUMP

Vermont founder Ira Allen initially named this distinctive 4000-foot mountain "Camel's Hump" in the late 1700s. From the Huntington side, you can go up to the top and make it back to town in time for dinner.



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The Great Outdoors



◀ The Great Outdoors CONTINUED

GREEN MOUNTAIN CLUB

4711 Waterbury-Stowe Rd.,
Waterbury Center, 244-7037
Vermont's premier hiking/adventure group takes care of the Long Trail and most of the paths that lead to it. If you're looking for maps, advice or a loan-ko, the GMC is the place to start.

LONG TRAIL

This 270-mile footpath extends from the Massachusetts-Vermont line to the Canadian border, and there are 175 miles of side trails. See the Green Mountain Club for details.

WHALE OF A TAIL

You've seen the whale tails from the highway, but did you know that you can walk up and touch 'em? The short push to Jim Sordonia's sculpture — officially called "Reverence" — winds past baseball fields and through a meadow in South Burlington. Take Williston Road to Kennedy Drive, then take a left onto Kimball Avenue. Take another left onto Community Drive. The trailhead is on the right after you pass the Ben & Jerry's corporate offices.

MT. ABRAHAM

At just over 4000 feet, Mt. Abn is one of Vermont's tallest peaks. A good approach is via Lincoln Gap Road, a side trail is the town of Lincoln.

MT. MANSFIELD

From a distance, Vermont's tallest peak resembles a human face. But you'll notice deep rocks, tight crevices and even some ledges as you pass over the "forehead," "nose" and "chin." It's a long, strenuous hike up the popular Sunset Ridge Trail approached from Underhill State Park.

MT. PHLO STATE PARK

5435 Mt. Phlo Rd.,
Charlotte, 435-2360
Mt. Phlo is the perfect high-altitude spot for a picnic with friends — your less-adventurous buds can drive up the 968-foot peak from late May to mid-October.

NIQUETTE BAY STATE PARK

247 Raymond Rd.,
Colchester, 883-5210
All paths lead to the water at this nearby lakeside oasis. The trails are relatively flat, too.

Flynn 2012-13



Shakespeare's "Taming of the Shrew"

Paula Poundstone

Trisha Brown Dance Company

Capitol Steps

Ricky Skaggs & Kentucky Thunder

Chick Corea & Gary Burton

Treasured Stories by Eric Carle

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Kidd Pivot: "The Tempest Replica"

Shadlin Warriors

The Improvised Shakespeare Company

"A Christmas Carol"

Natalie MacMaster

"West Side Story"

Jazz at Lincoln Center Orchestra

with Wynton Marsalis

Paco Peña: "Flamenco Vivo"

David Hidalgo & Marc Ribot

Ladysmith Black Mambazo

John Lithgow: "Stories by Heart"

Miss Bixiglia: "My Girlfriend's Boyfriend"

Professor Kabinak meets the VYD

The Bad Plus

Marcia Ball: "Toast of the Coast"

The Joffrey Ballet

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The Great Outdoors

➔ The Great Outdoors CONTINUED

SNAKE MOUNTAIN

Located on the Addison-Weybridge town line, Snake Mountain is a leisurely hike any time of year. Don't forget to go before you go — there are no facilities at the summit.

Where to Ski & Ride

BOLTON VALLEY SKI RESORT

4302 Bolton Valley Access Rd.,
Bolton, 434-3444

Just a half-hour drive from downtown, Bolton is Burlington's closest ski area, and one of the best peaks for night skiing and riding.

BURKE MOUNTAIN RESORT

223 Sherburne Lodge Rd.,
E. Burke, 826-7300

You'll find breathtaking views and good vertical at the home of the Burke Mountain Academy, which boast more the 50 alumni-turned-Olympians.

COCHRAN'S SKI AREA

910 Cochran Rd.,
Richmond, 434-2479

A family with an Olympic history owns this nonprofit ski area, which has bunny lifts for beginners and kids.

JAY PEAK RESORT

830 Jay Peak Rd., Jp. 884-2811

Buckle up — Vermont's chilly, northernmost resort boasts lots of fresh powder and great glades. Go to the brand-new Pump House Waterpark when you need to defrost.

KILLINGTON RESORT

4763 Killington Rd.,
Killington, 432-0000

It's huge. You can ski the slopes for a week and not get sick of it.

NAD RIVER GLEN

57 Schuss Pass Rd.,
Wardsboro, 466-2551

Its slogan says it all: "Ski it if you can." Whatever you do, don't try to snowboard it; no boarders are allowed. One of only two single-person chairlifts in North America takes you to some of the toughest terrain around.

MIDDLEBURY COLLEGE SNOW BOWL

Rt. 125, Hancock, 443-7889

What other college has its own mountain? It's not as dinky as it sounds: either, with three chairlifts and 17 trails.



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The Great Outdoors

➡ The Great Outdoors CONTINUED

PICO MOUNTAIN

4763 Kinsinger Rd.,
Middletown, 422-8000

Don't let the small-size area fool you — this is one big mountain. It's got 50 trails and 252 skiable acres, from moguls to glades to groomed steeps. Each leads back to the base area.

SMUGGLERS' NOTCH RESORT

4322 Rt. 108 S., Smuggler's Notch,
844-8851

Some of the best free skiing and riding around can be found at Smuggs — not to mention a great tennis park.

STOWE MOUNTAIN RESORT

5381 Mountain Rd., Stowe,
353-3000

Like rafts, boxes, kickers and halfpipes? Hit up Stowe's tennis park. Otherwise, give its undulating vertebrae a go before kicking back in the fancy lodge — if you can afford it.

SUGARBUSH SKI RESORT

1848 Sugarbush Access Rd.,
Warren, 600-53-9668

Great grooming makes Sugarbush's varied terrain a cut above. Try it out — and catch some amazing views — on Snowball, Jester, Troll Road or Domino.

Where to Picnic, Swim or Stroll

GILBROOK NATURAL AREA

Gilbrook Rd., Winnsboro, 655-6410

This 42-acre natural area abuts the St. Mike's campus and is great for a quick walk in the woods.

NORTH BEACH

60 Institute Rd.,
Burlington, 854-6123

This is the best place for a beachfront barbecue or a spring swim on a sandy beach.

DAKLEDGE PARK

Flynn Ave., Burlington, 855-7247
Hipsters play kickball here during the summer. It's also home to a bocce league and a beach.

RED ROCKS PARK

Central Ave. S. Burlington, 846-6100

Find great hiking trails with spectacular lake views at this 100-acre park. There's a beach, too.

WATERFRONT PARK

Bottom of College St., Burlington,
855-7247

Tossing a Frisbee at the Burlington waterfront at least once is a requirement for graduation.

WINDSOOKI RIVERWALK

1 Main St., Winsor
Sit on a bench near the moaning tails and you won't even hear the bridge traffic.

Where to Work Out (inside)

ALL AMERICAN FITNESS & TANNING CENTER

1881 Williston Rd.,
S. Burlington, 855-3088

BOOY RESOLUTION

2009 Williston Rd., #2,
S. Burlington, 855-5000

CORE STUDIO

208 Flynn Ave., Burlington, 853-8888

GREATER BURLINGTON YMCA

298 College St., Burlington,
853-8823, 32 Malletts Bay Ave.,
Winnsboro, 855-0632

FITNESS OPTIONS

1050 Hensberg Rd.,
S. Burlington, 853-4848

LADIES WORKOUT EXPRESS

1127 North Ave., #23,
Burlington, 853-2500

MARKETPLACE FITNESS

29 Church St., Burlington, 851-8773

ON TRACK HEALTH & FITNESS

1 Main St., #102A,
Burlington, 855-2228

PLANET FITNESS

30 Community Dr.,
S. Burlington, 853-8810, 57
River Rd., Essex Jct., 879-5100

THE RENAISSYM

- 257 S. Union St.,
Burlington, 851-3222
- 605 Roosevelt Hwy., #100,
Colchester, 851-0111
- 30 Rowlesome St., Williston,
876-6000

THE EDGE, SPORTS & FITNESS

- 4 Morse Dr., Essex,
879-7734, ext. 1
- 4 Beattier Dr., Essex,
879-7734, ext. 2
- 75 Beechwood Dr.,
S. Burlington, 858-0002
- 142 W. Twin Oaks Terr.,
S. Burlington, 858-0001
- 115 Melrose St.,
Williston, 855-3343

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Looking for a place to show down on a limited budget? Here's a list of mostly affordable restaurants in and around Burlington. There's nothing too high-end here — just good grub and lots of it. Going out for a nice night on the town? Pick up a copy of *7 Nights: The Seven Days Guide to Vermont Restaurants & Bars*, or check out listings and reader reviews online at sevendaysvt.com

Rise & Shine

- ARCADIA DINER**
1000 Williston Rd.,
S. Burlington, 851-9000
Open since 1955, this vintage diner serves breakfast all-day long 🍳
- ATHENS DINER**
40 Highpoint Center,
Colchester, 866-3405
The Maglens family has been serving food to Vermonters for nearly 100 years. Look for Greek specialties made from scratch at this historic Blue Line diner.

STREET STYLE

The all-American fried chicken and waffles are legendary at *gDuval* (Duende), a purveyor of international street food that's connected to eclectic live-music venue Radio Raïon. But make sure to save room for ethnic eats, too. You won't find Belarusian potato latkes or Jamaican jerk chicken together as any other Queen City menu.

- AUGUST FIRST**
149 S. Champlain St.,
Burlington, 840-0000
This cute cafe and bakery with outdoor seating offers a variety of breads, hearty soups and salads 🍞
- BAGEL MARKET**
30 S. Main Wilson Rd.,
Essex Jct., 878-2818
Everyone you saw the night before will be here grabbing morning grub. The Sunnier will get you through until lunch 🥯

- BRUEGGER'S BAGEL BAKERY**
63 Church St., Burlington, 850-1900
This national chain is based in Burlington. Get quick coffee, soups and sandwiches on bagels baked fresh all day 🥯☕

- BURLINGTON BAGEL BAKERY**
803 Shelburne Rd.,
S. Burlington, 864-0200
Burlington's first bagel shop makes more than 15 varieties, including Asaga and roasted red pepper 🥯

- CHEF'S CORNER CAFE & BAKERY/ CHEF'S CORNER — SOUTH END**
2121 Corso Rd., Williston, 878-3324,
298 Flynn Ave., Burlington, 840-7111
These rustic-chic cafes have a wide selection of Euro-style pastries, hot dishes and salads priced by the pound 🥞

- DUTCH MILL FAMILY RESTAURANT**
4300 Shelburne Rd.,
Shelburne, 885-3500
The kitchen factor is through the roof at this comfort food spot. There's breakfast all day, including Eggs Fried — two perfectly poached eggs with corned beef and Hollandaise.

- FIREBIRD CAFE**
163 Pearl St., Essex Jct., 316-4205
Owner Jake Tran's California roots influence this breakfast-all-day eatery. Try the salmon eggs Benedict with pobiano cream sauce. All sauces are made fresh daily — even the apple chutney in the turkey-and-haven't-cheese panini 🍳

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◀ Cheap Eats CONTINUED

GREAT HARVEST BREAD CO.
383 Pine St., Burlington, 800-3733
Choose from breakfast pastries and bread made fresh on the spot. Bonus: They give you a free slice just for walking in the door 🍞 🍞

HARDY'S LUNCH
74 Maple St., Burlington, 854-5953
This family-owned, no-frills breakfast-and-lunch spot tweets daily specials and customer chatter from @HardysLunch 🐦

HENRY'S DINER
355 Bank St., Burlington, 852-8840
This historic diner still serves breakfast all day in a cozy, retro atmosphere. 🍳 🍷

MAGNOLIA BISTRO
1 Lincoln Ln., #10, Burlington, 848-7448
Burlington's first certified "green" restaurant serves creative cuisine for breakfast and lunch 🌱

MIRABELLES
188 Main St., Burlington, 858-3834
This Burlington bakery-café serves awesome eggs and sandwiches, but it's renowned for exquisite pastries and cakes 🍰

MUNTUNS
138 N. Champlain St., Burlington, 861-2087
Order the Skeggs — potato skins stuffed with eggs and topped with fongs — at this breakfast and lunch spot. 🍟

PANADERO BAKERY
301/303 N. Wisconsin Ave., Burlington, 863-TART
Sit down to eat your flaky ham-and-cheese croissant or gooey chocolate-chip cookie, or take it to go. There's pizza, too 🍕

PEARL STREET DINER
85 Pearl St., Burlington, 862-3320
At breakfast, choose from four kinds of eggs Benedict. At lunch, try the Puffy cheesesteak with shaved ribeye steak 🥩

PENNY CLUSE CAFÉ
189 Cherry St., Burlington, 851-8834
The lines out the door on weekends prove the popularity of this breakfast spot. Order your hot-drum biscuits and gravy with a side of andouille sausage. 🍳

SNEAKERS BISTRO & CAFÉ
28 Main St., Winooski, 855-0081
Get in line for the creative Jumperati specials at this popular breakfast/brunch spot 🍳

SPANKED PUPPY PUB
118 Main St., Colchester, 878-8440
Fish and shellfish are specialties at this pub. Try the seafood omelette during weekend brunch, or truly indulge with pound-cake French toast 🍰

Getting Buzzed

THE BLACK GALLERY & COFFEEHOUSE
1 E. Allen St., Winooski, 373-8150
Bite into a vegan blueberry muffin and sip blended herbal teas at the gallery, community space and café combo 🍷

BLUEBIRD COFFEE STOP
Corner of College and Church St., Burlington, 860-3429
Knowledgeable baristas ensure a quality cup every time at this Church Street kiosk, but you can also order sandwiches or greenies 🍷

OOBRA TEA
80 Church St. (entrance on Bank St.), Burlington, 851-3424
Choose from pages of beverage options at this house of tea. Lounge on cushions while your flaming mint tea is poured from a great height. 🍵

MAGLIANERO
47 Maple St., Burlington, 861-3158
This bike-friendly, hipster café is serious about coffee. You'll find a variety of beverages, but also indoor bicycle parking, a bike-repair area and a shower 🚲

MUDDY WATERS
104 Main St., Burlington, 854-0488
Sip coffee, beer or smoothies at this funny colognehouse next to Nectar's. Bring your homework or a journal 📖

RADIO BEAN
8 N. Wisconsin Ave., Burlington, 860-9346
Sample tea, coffee and creative pastries during the day, at night there's live music and dinner at sister restaurant (Dunof (Dunde) 🎵

SPEEDER & EARL'S
104 Church St., Burlington, 860-8930; 412 Pine St., Burlington, 855-8818
The full-bodied Ethiopian Harar is great, but be warned — you might not sleep for a few days 🍷

UNCOMMON GROUNDS
42 Church St., Burlington, 868-6227
Skip Starbucks — this local choice has great coffee, free Wi-Fi and yummy treats in the dessert case. 🍰

Soup & Sandwich

BAYVIEW EATS
87 Wassy Rd., #5, Colchester, 862-2444
Try the B17 with a root-beer float at this airy café serving fresh, thoughtfully prepared casual fare. Greenies and Horley ice cream are available year-round 🍷

BURLINGTON BAY MARKET & CAFÉ
125 Battery St., Burlington, 864-0110
This waterfront deli and market has salads, soups and sandwiches. When the weather gets warm, try a Vermont maple cream on the deck overlooking Lake Champlain 🍷 🍷

CHEESE OUTLET/FRESH MARKET
400 Pine St., Burlington, 863-3888
The groceries are high end, but the sandwiches and baked goods are yummy — and cheap 🍷

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◀ Cheap Eats **CONTINUED**

**CITY MARKET/
ONION RIVER CO-OP**

82 S. Woodville Ave.,
Burlington, 861-8788
Grab samples from the hot bar before cruising the aisles of this full-service, high-quality grocery store. Open 'til 11 p.m. 🍷🚚

FOUR CORNERS OF THE EARTH

310 Pine St., Burlington, 857-3883
Choose from a diverse menu of sandwiches, including Cuban pork, Jamaican avocados and Japanese tuna. Bring cash — they don't accept credit cards. 🍷

HEALTHY LIVING MARKET & CAFÉ

232 Dorset St., S. Burlington,
883-2586
This café, buffet and salad bar offers extensive options, including custom-built paninis or Health Bar salads. 🍷🚚

KAMPUS KITCHEN

273 Colchester Ave.,
Burlington, 863-9605
This deli, located between Winooski and UVM, serves inexpensive subs and hoagies. 🍷🚚🎓

KOUNTRY KART DELI

155 Main St., Burlington, 864-4408
Open for 20 hours every day, K&D has some of the best late-night grub in town. Get the Rose and Blower — everyone else does. 🍷🚚🎓

MAO MATTER

178 Bank St., Burlington, 864-4500
Eat on the go can grab a bagged lunch that includes a sandwich or chef's salad, a drink and a cookie. 🍷🚚

NEW MOON

190 Cherry St., Burlington, 383-1505
A warm interior and awesome chandelier lend this breakfast-and-lunch spot a funky elegance. There's a full espresso bar, too. 🍷

THE PINE STREET DELI

318 Pine Ave., Burlington, 863-8814
It's a corner store, a deli and a source for Greek specialties. At lunch, the Big Papa burger is popular. 🍷

RADIO DELI

77 Pearl St., Burlington, 865-2286
Stop in for the famous meatball sandwich. 🍷

RED ONION

140 1/2 Church St.,
Burlington, 866-2583
Try the namesake sandwich, a combo of turkey, bacon, Granny Smith apples, red onion, sundried-tomato mayo and smoked Gruyère. 🍷🚚

STACKS SANDWICHES

2 N. Woodville Ave.,
Burlington, 840-0700
This deli features sammies with size-matched meats, uncommon add-ons and freshly made August First rolls. 🍷

STONE SOUP

211 College St.,
Burlington, 860-7818
The vegan-friendly hot bar, baked goods and a killer salad bar make this a popular spot for lunch and dinner. 🍷

SUSARSHAP

508 Riverside Ave.,
Burlington, 860-5622
Many of the ingredients for the sandwiches, soups, salads and baked goods come straight from an interval farm plot. Ready-made, take-home dinners are also available. 🍷

**TOP OF THE BLOCK
SANDWICH SHOPPE**

2 Church St., Burlington, 869-8847
The proprietors roast their own meats at this to-go lunch spot. The pastries and soups are also homemade. 🍷🚚

UNION JACK'S

370 Shelburne Rd.,
Burlington, 858-8828
This family-owned sandwich shop has classic American subs and British specialties, such as fish and chips. 🍷🚚

VERMONT SANDWICH CO.

5888 Williston Rd.,
Williston, 878-8883
This local sandwich chain comes up with some interesting combos. Try the popular 'Ragin' Cajun,' with ranch, chicken, cajun seasoning and cheese. 🍷🚚

WAP'S WEST SIDE DELI

985 E. Allen St., Winooski, 888-0290
Grab a sandwich and beverage and play a game of football at this St. Mike's hangout. 🍷

WINDOSKI FALLS MARKET & DELI

85 Winooski Falls Way, Winooski,
488-5753
Turkey and ham are roasted on the premises and featured in a wide range of paninis and sandwiches. Soups are also homemade each day. Market items include local ice cream, breads and pasta. 🍷🚚🎓

Pizza & Italian

**AMERICAN FLATBREAD —
BURLINGTON HEARTH**

115 St. Paul St.,
Burlington, 861-2888
You can sit next to the wood-fired oven and watch your local, gourmet pizza bake. Zero Gravity beer is brewed in-house. 🍷

BIG DADDY'S DELIVERY

177 Church St., Burlington, 863-0000
College students and bar hoppers flock to this lower Church Street location for late-night wings, slices and subs — or get them delivered, along with a pint of Ben & Jerry's. 🍷🚚🎓

BITE ME ORGANIC PIZZA

437 St. Paul St.,
Burlington, 843-0707
The names are as creative as the pies at this organic pizza place. Take a slice of Homage to Goats or the Vermont Intergalactic Ghosts. 🍷🚚

BOVE'S

84 Pearl St., Burlington, 864-6831
The prices at this no-nonsense family eatery haven't changed much since it opened in 1941. The bagna has been featured on the Food Network more than once. 🍷🚚



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JUNIOR'S PIZZA HUT

◀ Cheap Eats CONTINUED

DONNY'S NY PIZZA

22 Main St., Winlock, 605-7000
From New York? You'll feel right at home at Donny's. Grab a Sicilian slice — we swear it's even better the next day. 🍷 🍷 🍷

HOGUE'S PIZZA & PASTA

112 Center St., Sioux, 675-4804
Fresh, homemade, Italian-inspired food ranges from calzones, subs and pasta to pizza with 22 toppings. 🍷

JUNIOR'S DOWNTOWN/ JUNIOR'S ITALIAN

176 Main St., Burlington, 605-2234,
95 S. Park St., Colchester, 605-0000
Get New York-style pizza, baked pasta dishes and Italian pastries. For a sit-down dinner, try Junior's in Colchester. 🍷 🍷 🍷

KEN'S PIZZA AND PUB

71 Church St., Burlington, 605-3335
No walk downtown is complete without the smell of Ken's Pizza — the exhaust fan vents right onto Church Street. 🍷

LEONARDO'S PIZZA

83 Pearl St., Burlington, 605-7200
Order a fennel sausage or basil pizza pie from Burlington's award-winning pizza delivery service. 🍷 🍷 🍷

MANHATTAN PIZZA & PUB

107 Main St., Burlington, 605-6776
Don't miss the all-you-can-eat pizza and wings on Sundays. Live music every Thursday through Saturday. Vintage video games are a plus. 🍷 🍷

MINNO'S PIZZERIA

4 Commercial St.,
Sioux Falls, 605-6404
Enthusiastic waitstaff serve pizza, cannoli, heroos and baked pasta. 🍷 🍷

MR. MIKE'S

350 Main St., Burlington, 604-8872
Pizza, beer and arcade games keep college kids coming back for lunch, dinner and late-night snacks. 🍷 🍷

PAPA FRANK'S

13 W. Center St.,
Winlock, 605-2423
Choose from a menu of classic pasta dishes at this honey-neighborhood restaurant. You'll leave with leftovers every time. 🍷 🍷

PIZZA PUTT

1200 Airport Hwy.,
S., Burlington, 605-3888
Come in for homemade pizza — with or without laser tag, bumper cars or mini bowling. 🍷 🍷 (Cash Cards accepted in the restaurant only)

THREE BROTHERS PIZZA & GRILL

803 Reservoir Hwy.,
Colchester, 605-5550
Go for the specialty pulled-pork pie or the Broccoli Obama at this family-owned pizza and sandwich joint. 🍷 🍷 🍷

UNCLE TONY'S PIZZA

300 Canal Street,
S., Burlington, 604-3322
The cannoli are piped-to-order at this delivery-and-takeout-only pizzeria. 🍷 🍷

Sit Down

DAS BIERHAUS

175 Church St., Burlington, 601-0000
This German joint offers authentic Old World sausages, a selection of schnitzels and homemade spaetzle. 🍷

¡BUNDE! (DUENDE)

10 N. Winlock Ave.,
Burlington, 605-6344
Sit down for skillfully prepared international street food, such as Thai corn fritters and chicken and waffles with honey butter. Sober nightclub Radio Bean provides dinner music. 🍷



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◀ Cheap Eats CONTINUED

OUR HOUSE BISTRO

38 Main St., Wisconsin, 487-1884

This petite resto serves comfort food with an eclectic twist. Delicious options include chicken pot pie for dinner and stuffed Dutch pancakes at Sunday brunch. 🍷

SWEETWATERS

120 Church St., Burlington, 864-8800

This eclectic bistro has been a Church Street Marketplace cornerstone. Ideally, for over three decades. Try the beef burger or bacon wrapped scallops. 🍷

Asian

99 ASIAN MARKET EATERY

342 N. Wisconsin Ave., Burlington, 865-0228

Grab a bahn mi sandwich and East Asian snacks to go, or sit down for some ginger fat noodles. 🍷

ASIAN BISTRO

25 Wisconsin Falls Way, Wisconsin, 855-8800; 121 Center Way, Wisconsin, 878-8878

Choose from a wide variety of sushi, dumplings and noodle dishes. There's machi ice cream, too. 🍷

ASIANA HOUSE

181 Pearl Street, Burlington, 851-0888

At this fusion-style Japanese restaurant, the fish options are plentiful and super-fresh. The vegetarian maki and sushi bar are especially popular. Korean and Thai dishes round out the menu. 🍷

ASIANA NOODLE SHOP

88 Church St., Burlington, 863-8828

Here you'll find Asian comfort food from Malaysia, Korea, Japan, Vietnam and Thailand. Choose bowls, noodles and meat to create a gigantic bowl of soup. There are plenty of dumplings and curries, too. 🍷



BAMBOO HUT

1130 North Ave., Burlington, 856-6140

A selection of southeast Asian bites, from pho to pad Thai, are available at this former convenience store. 🍷

CHINA EXPRESS

30 North St., Burlington, 862-9088

This take-out restaurant sells a lot of dumplings and General Tsao's chicken. It also offers a brown-ree option. 🍷 🍷

FU GA CHINESE RESTAURANT

187 Pearl St., Burlington, 864-3883

You can't beat the hours — it's open every night until almost midnight. No lunch on Sundays. 🍷 🍷

HU HOUSE

65 St. Paul St., Burlington, 861-0338

Love ramen-woodie soup? Don't make it from a package — order one of 16 traditional preparations here, or get a bento box with a soup and sides. 🍷

HONG KONG JADE RESTAURANT

5 Market St., S. Burlington, 864-3628

This is a Chinese buffet with Thai specialties and Japanese hibachi-style noodle dishes. 🍷 🍷

HUNG TAO

1127 North Ave., #23, Burlington, 840-2588

The cuisine at this Chinese joint is Hong Kong-style, with dumplings and soups from the mainland. 🍷

JIN CHINESE RESTAURANT

138 E. Allen St., Wisconsin, 861-3338

The spicy Szechuan mala dishes are popular at this take-out restaurant, but so is classic crab Rangoon. 🍷 🍷

M-SAIGON VIETNAMESE NOODLE HOUSE

370 Shelburne Rd., Burlington, 865-0383

Slurp up pho — Vietnamese noodle soup — or try a rice platter with grilled lemongrass chicken. 🍷 🍷 🍷



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◀ Cheap Eats **CONTINUED**

PEKING DUCK HOUSE
78 W. Canal St., **Winooski**, 855-7474
You'll find classics from China, Korea and Thailand in this historic, two-story restaurant. Pair them with huge, bio-style cocktails such as zorillas and scorpion bowls 🍷

PHO GANG VIETNAMESE CAFE
215 Main St., **Winooski**, 855-3707;
9 Park St., **Essex Junction**, 875-8833
You can go with the pho or try other exciting foods and rice dishes. The coffee with sweetened, condensed milk is popular. 🍷📱

PHO HONG
335 N. Winooski Ave.,
Burlington, 855-9331
Enjoy the beef pho or the Happy Pancakes — Vietnamese crepes stuffed with shrimp, pork and onions. 🍷

PHO PASTEUR
38 Main St., **Winooski**, 497-0388
Like spring rolls? This bright cafe serves a wide variety, including one grilled with chicken or meatballs. 🍷

SAN SAI JAPANESE RESTAURANT
112 Lake St., **Burlington**, 863-3777
The unusual, authentic foods here are largely local — and delicious. Choose from the sushi and small plates for a satisfying meal on the cheap. 🍷

SHERPA KITCHEN
119 College St.,
Burlington, 861-0550
The Nepalese co-owners mine family recipes for Himalayan classics such as momos, mild curries, thukpa and stews. 🍷

SUKHO THAI RESTAURANT
21 Essex Way, #210,
Essex, 876-2766
Ingredients are never frozen at this home-style Thai restaurant. Look for curries and other basics, as well as dishes rarely seen in the United States. 🍷

SUSHIRO
10 Taft Corners Shopping Center,
Williston 388-8032
Sit down for lunch or dinner, or take out packaged bento cakes, sushi and assorted Asian groceries at this home-style Japanese eatery. 🍷

TINY THAI RESTAURANT
24 Main St., **Winooski**, 855-4888
There's always a line at this cozy little Thai restaurant. BYOB to make this a date spot that won't break the bank. 🍷

ZEN GARDENS
7 Fayette St.,
S. Burlington, 863-8883
Not into greasy, Americanized Chinese food? Ask for the traditional menu and order the seaweed salad or a ice-cream stir-fry. 🍷

Burgers, Wings & Things

AL'S FRENCH FRY'S
1251 Williston Rd.,
Burlington, 863-8303
The James Beard Foundation named it one of "America's Classics." Even the handcut fries are a throwback to the '60s. 🍷📱

BARANA WINDS CAFE AND PUB
1 Towne Marketplace,
Essex Jct., 876-8752
This pub-del has live music and karaoke, and features an open mic the first Saturday of every month. 🍷

CHARLIE'S ROTISERIE AND GRILL
1100 Williston Rd.,
S. Burlington, 863-1311
Get your crisp-skinned rotisserie chicken and baby-back ribs with a fresh, balsamic-dressed salad. 🍷📱

HALVORSON'S UPSTREET CAFE
10 Church St., **Burlington**, 858-8276
The burgers here are kind to the wallet and stomach. Enjoy them all fresco on Church Street or on the pub's back patio. 🍷

ONE PEPPER GRILL
260 North St., **Burlington**, 858-8400
Choose from a range of overseas: Yvonne's Beef hot dogs at the honey Old North End eatery. Pair them with bottles of local craft beer. 🍷🍷

SKY BURGERS
181 Church St., **Burlington**, 861-0042
This retro-modern burger joint serves almost anything you can imagine between two buns, plus a supply of creative milkshakes and desserts. 🍷

WINGS OVER BURLINGTON
150 Grant St.,
S. Burlington, 863-9464
The wings — made with fresh chicken — come in 24 flavors, from Wimpy to Afterburner to the best-selling Honey Barbecue. 🍷🍷📱

Southwestern/ Tex Mex

BOLSO
82 Church St., **Burlington**, 864-3771
Get burritos without the guilt at this empanada, which features humanely raised meats, organic tols and brown rice on request. 🍷🍷📱

BUENO Y SANO
213 College St.,
Burlington, 864-8300
Overstuffed quesadillas and burritos burst with fresh ingredients including barbecued sofrit and garlicky spinach. 🍷🍷📱

EL CORTUO TAQUERIA Y CANTINA
188 Bank St., **Burlington**, 497-1888
This farm-to-table taqueria serves traditional tacos, appetizers and "wicked fly" margaritas. 🍷

HOE'S SOUTHWEST GRILL
1150 Williston Rd., S. **Burlington**,
860-4800, 85 Rte 84, **Williston**,
879-2805
Hoe's is like Taco Bell — only smarter. 🍷📱



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◀ Cheap Eats **CONTINUED**

NEW WORLD TORTILLA

888 Pico St., Burlington, 888-1000

Veggie quesadillas and Thai chicken wraps make New World a true college love. 🍷🍷🍷

Quick Mix

AMLI BABA'S KABOB SHOP

183 Main St., Burlington, 888-5752

The gyros and souvlaki plates are reliable delights here. Get a breakfast plate with bacon for less than \$5 from the UVM cart. 🍷🍷

BIG FATTY'S BBQ

95 Main St., Burlington, 884-5513

All the "in your face" BBQ joint, the slogan is "Put some South in your mouth" — as in, piles of pork with maple-infused BBQ sauce. 🍷

BLUEBIRD BARBECUE

317 Riverside Ave.,

Burlington, 445-3270

The menu at this roadhouse spans the South, from Texas-style brisket and hot links to North Carolina vinegar-based pulled pork.

CAFÉ MEDITERRANÉ

17 Park St., Essex Jct., 878-8333

This is the place for Greek gyros, panini sandwiches, Turkish-style kebabs and Bosnian cevapli sausages. There are also burgers, fries and wraps. Try the baklava, crafted from homemade phyllo dough.

THE CHUBBY MUFFIN

88 Oak St., Burlington, 884-0800

Bring by for a breakfast sandwich or a muffin in the Old North End. There are all-local burgers and pulled-pork sandwiches for lunch and homemade ice cream in summer. 🍷

CUPP'S

25 Wisconsin Falls Way,

Winooski, 884-7060

Everything in the bakery case is locally sourced and made daily. Choose your own sweet adventure at the cupcake bar. 🍷

FARAH'S PLACE

147 N. Wisconsin Ave.,

Burlington, 840-3093

The exotic soups and juicy kebabs are popular at this home-style Persian eatery. Save room for rose-scented baklava. 🍷🍷

LEVITY CAFÉ

8 Carter St., Burlington, 318-4888

Don't shoot Vietnamese coffee out of your nose at this combination café and comedy club. Add on the menu: bubble tea, milkshakes and sandwiches, all served until late. 🍷

MY H2O

49 Church St., Burlington, 888-6468

Bubble tea is the specialty at this counter in the Burlington Town Center, but you can also sip on a smoothie or yogurt drink.

MY LITTLE CUPCAKE

217 College St.,

Burlington, 880-8330

Look for quirky flavors here, plus vegan, gluten-free and full-sized choices most days. There are cake pops, too. 🍷

QTEE'S

237 N. Wisconsin Ave.,

Burlington, 884-3666

There's no Q in the Old North End, but there is QTEE's, which is pretty much the same thing. 🍷

SANOSAMAN CAFÉ

155 Bernat St.,

Burlington, 233-7763

Stop by for breakfast, lunch or dinner and try one of the wide variety of curries over premium coconut rice. 🍷

THE SKINNY PANCAKE

50 Lake St., Burlington, 540-3188

At this waterfront eatery you can get yours with a savory or savory filling. Try the Lovermaker, which combines strawberries and Nutella. 🍷🍷

SOYO FROZEN YOGURT

888 Pico St., Burlington, 840-0891

The small-batch frozen yogurt bars are made from farm-fresh, Vermont ingredients. There are more than 20 toppings and the flavors are constantly evolving.

Bars That Serve Meals

CHURCH STREET TAVERN

103 Church St., Burlington, 888-1329

Here, college students and professionals crack on wings and sweet-potato fries while enjoying the game. 🍷

MOCKEY'S PUB & GRILL

10 E. Allen St., Winooski, 885-0040

The bacon cheeseburgers and fries are favorites at this simple pub. Brunch is longer, with strawberry-white-chocolate pancakes on the menu. 🍷🍷

NECTAR'S

888 Main St., Burlington, 884-4771

The music at Nectar's is just as popular as the cocktails and food. Try the gassy fries. 🍷

OL' RA IRISH PUB

123 Church St., Burlington, 880-9921

You can't go wrong with fish and chips, corned beef or a juicy Reuben at this pub. 🍷🍷

RUBEN JAMES

150 Main St., Burlington, 884-8344

RJ's has half-price cheeseburgers on Thursday nights, feed mac and cheese, and lots of fish. 🍷🍷

VERMONT PUB & BREWERY

144 College St.,

Burlington, 885-0500

The oldest craft brewery in Vermont offers more than just beer. Try a fish dish or a classic hot sandwich.

🍷🍷

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Nightlife



Music, movies, dancing or drama — take your pick. There's a little bit of everything in this directory of Burlington's evening entertainment.

Live Music/DJ

CLUB METRONOME

166 Main St., Burlington, 865-4563
Club Metronome has long been one of BTV's most popular venues, with live music or DJs nearly every night. On Fridays, revisit the 1990s with No Diggity. On Saturdays, the club morphs into Retrozone, playing disco-school '80s beats. Occasionally 21+.

HALVORSON'S UPSTREET CAFE

18 Church St., Burlington, 865-8278
This classic American restaurant hosts jazz, poetry readings and Wilbur & Maple's Art Crawl. Thursday nights feature Friends of Joe, a tribute to late Burlington sax great Big Joe Bunell — he's the life-size bronze statue standing in front of the joint.

SWEET SPOT

For longer than most of you have been alive, Burlington's landmark nightclub, Nectar's, has specialized in "fresh music carved daily." Sure, it's Mecca for Pitch-Heads. But the joint was a Burlington staple long before the Phish Four, and it continues to be home base for countless Queen City bands, as well as a destination for a variety of regional and national touring acts — not to mention home of BTV's best gravy fries.

LEVING'S BISTRO

115 Church St., Burlington, 865-3258
If you're looking to impress the object of your affection, try Leving's. This French bistro has live, mellow jazz three nights a week.

LEVITY CAFE

8 Cedar St., Burlington, 318-4888
Coffee shop by day, joke factory by night. Levity is Vermont's first — and only — comedy club. Friday and Saturday nights showcase the finest local standups. Or, if you're bold — and, hopefully, funny — give it a shot yourself at the Thursday open mic.

NECTAR'S

166 Main St., Burlington, 865-4771
The House That Fresh Built has live music seven nights a week. Occasionally 18+.

ON TAP BAR & GRILL

4 Park St., Essex Act., 878-3308
Enjoy live jazz, blues, country or funk seven nights a week. Local favorites such as the blame and Rhythm Rockets play until test call.

RADIO BEAN

6 N. Winooski Ave., Burlington, 865-8346
If venues such as Nectar's and Higher Ground are the lifeblood of the Burlington music scene, this cozy hipster haunt is its beating heart. Though small in stature, the Bean is Burlington's musical melting pot.

RASPUTIN'S

163 Church St., Burlington, 865-8324
DJs play this popular college hangout three nights a week. Pool and foosball entertain anyone who doesn't feel like dancing. 21+ on the weekend.

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Nightlife

← Nightlife **CONTINUED**

BI RA IRISH PUB

123 Church St., Burlington, 860-6401
Designed using salvaged pieces of a 19th-century Irish pub, this restaurant features live music on Thursdays and Saturdays, a DJ on Fridays, and Irish sessions on Sunday afternoons. 21+ after 9 p.m.

THE SKINNY PANCAKE

66 Lake St., Burlington, 540-0160
Folk music and crêpes — what's not to love? Get some of each most Wednesday through Friday nights.

SPEAKING VOLUMES

377 Pine St., Burlington, 540-0107
This eclectic secondhand shop doesn't host regular gigs, but its infrequent shows are worth visiting for. It also sells records — yes, vinyl!

Concert Venues

242 MAIN

242 Main St., Burlington, 862-2244
This all-ages, substance-free venue is the best place to go for an introduction to Burlington's hardcore punk underbelly.

FLYNN CENTER FOR THE PERFORMING ARTS

153 Main St., Burlington, 862-5066
The 1,452-seat Flynn MainStage is the area's premier performing-arts venue for world-class dance, theater and music. The intimate black-box FlynnSpace next door hosts experimental and local shows.

HIGHER GROUND

1214 Wilton Rd., S. Burlington, 862-3777
Higher Ground hosts a constant stream of big-name music touring acts on the palace Ballroom stage. The adjacent Showcase Lounge features up-and-coming talent.

MEMORIAL AUDITORIUM

250 Main St., Burlington, 864-6044
The acoustics suck, but it's the venue of choice for stadium-playing bands such as Skunkie, LCD Soundsystem and Rush.

21+, L.D. Required

1/2 LOUNGE

128 Church St., Burlington, 865-0012
The Half is a good place to catch the area's finer turntablists, unleashed in an intimate setting. Singer-songwriters play this cozy, upscale rock earlier in the evening.

AKES' PLACE

124 Church St., Burlington, 864-8111
This classic college-town watering hole — with pool, darts and sports — was your older brother's favorite bar when he was in school here. It might be yours, too.

BACKSTAGE PUB

60 Pearl St., Essex Jct., 870-2494
Local rock bands live up the stage on Friday and Saturday nights. Sunday is karaoke night.

CK'S SPORTS BAR

12 Markets Bay Ave., Winooski, 855-8642
This traditional tavern — frequented by St. Mike's students — boasts a long wooden bar, a large outdoor deck, nightly drink specials and flat screens as far as the eye can see.

DAS BIERHAUS

175 Church St., Burlington, 861-0400
Yes, waitresses wear dirndls. But this Old World eatery also serves an impressive array of German brews and boasts the city's only rooftop beer garden.

DRINK

130 St. Paul St., Burlington, 860-6403
Drink live! Up to its name, with a wide variety of mixed cocktails, beer and nine house-infused vodkas to choose from. Board games and black leather couches bring 'em in, too.

ESOX

164 Main St., Burlington, 862-7214
Townies, punks and hipsters coast peacefully around Burlington's most awkwardly placed pool table. Home of the FBI Army.

THE FARMHOUSE TAP & GRILL

160 Bank St., Burlington, 858-3888
Come for the amazing burgers, but stay for the cozy basement speakeasy featuring an eclectic assortment of fine local and regional microbrews. In the winter, grab a spot by the fireplace.

FINNIGAN'S PUB

266 College St., Burlington, 864-8286
It's just a bar. What the hell else do you want?

FRANNY O'S

733 Davis City Park Rd., S. Burlington, 862-2800
Pool tables, dart boards, Big Buck Hunter and TV screens abound at this lively locals' hangout. But it's far enough from campus that you'll need a CD or cash fare handy. Live music and karaoke on weekends.

JP'S PUB

126 Main St., Burlington, 864-8386
If it's karaoke you seek, look no further. This classic dive serves up wannabe rock stardom at least three nights a week.

LIFT

165 Church St., Burlington, 862-2088
"The Jersey Shore" comes to Burlington. But hey, the Bat-Signal thingie projected outside is kinda cool. Wonder how Batman looks in a tube top?

MANHATTAN PIZZA & PUB

117 Main St., Burlington, 864-8778
Just behind the drunken hordes that gather on the corner of Church and Main at 2 a.m. on weekend nights sits this cozy and usually low-key college hang. It's noted for a solid local beer selection, good pub grub and local bands on the weekends.



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Nightlife



APE ESCAPE

It takes a little planning to get to Winoski and back, but given the list of bands that have graced the Monday House's cozy stage in recent years — the Morningenders, the Tallest Man on Earth, Kurt Vile — it's worth the ride fare. This is where you'll find some of the best and brightest cutting-edge and indie music Vermont has to offer.

← Nightlife CONTINUED

MCKIE'S PUB & GRILL

18 E. Main St., Winooski, 855-0044
Grab a beer and sit outside to watch drivers royally misunderstand Winoski's roundabout. The weekly drink specials are crucial.

THE MONKEY HOUSE

30 Main St., Winooski, 855-4553
The hippest joint in the Onion City features cozy couches, pool tables, an original College/Ws Pac-Man machine and enormous bar stools. They've also got the most consistently excellent lineup of local, regional and national indie music this side — or that side, really — of the Winooski River.

O'BRIEN'S IRISH PUB

348 Main St., Winooski, 854-4678
The public is welcome at this homey 'Irish' nightspot, formerly a private club known as the Racoon Lodge, where you can order a beer and feed the woodstove at the same time. Yes, really.

THE D.P.

4 N. Winooski Ave., 853-3633
The Other Place is the down-cubic acronym of Burlington dives. The music is random and usually loud. Don't complain. Just enjoy it.

RED SQUARE

138 Church St., Burlington, 856-8800
Red Square has a definitively hip vibe, amplified by the bands that play almost nightly inside and in the adjacent alley. Its reign after midnight most nights. Check out the Red Square Blue Room for bumping EDM on the weekends.

RUBEN JAMES

150 Main St., Burlington, 864-0744
Sports bar by day, swanky dance club by night. Try the food — e.g., 25-cent wings on Friday evenings. You'll be surprised. In a good way.

THREE NEEDS

183 Pearl St., Burlington, 856-0840
The Needs recently moved from the cramped confines of its original College Street location to the eclectic space formerly occupied by Panna. The restaurant. The new digs are roomier. But the drink remains. The sweet, sweet drink.

WHAT ALE'S YOU

152 St. Paul St., Burlington, 863-1364
It's always crowded and dark — and certainly not the spot for grammar sticklers. But you'll undoubtedly come anyway for the cheap beer and cheaper hookups. You've been warned.

THE WHISKEY ROOM AT RI RÁ

178 College St., Burlington, 863-9401
It's a room. With whiskey. Actually, it's a really nice room, with really nice whiskey. Come to think of it, you should probably wait until after you graduate... grad school.

Movie Theaters

ESSEX CINEMAS

21 Essex Way, #300, Essex Jct., 878-7231
Stadium seating, a bar, an arcade and a nearby outlet mall distinguish this mainstream movie house.

MAJESTIC 10

160 Barwood St., Winooski, 878-9390
Cushy chairs and stadium seating make this multiplex majestic. Plus, there's an escalator! You don't see them too often in these parts.

MERRILL'S ROXY CINEMAS

232 College St., Burlington, 864-7648
Burlington's downtown movie theater shows indie flicks and mainstream fare in a pedestrian-friendly location.

PALACE 9

10 Fayette Rd., S. Burlington, 864-3410
One of the most affordable movie theaters around, the Palace offers up blockbusters and some Indies, too.

SUNSET DRIVE-IN

188 Parker Field Rd., just off Route 127, Colchester, 863-1800
The Burlington area's only drive-in theater usually opens in April and closes in October, which should give you enough time to take in at least one double feature. 

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Arts & Culture



You can't walk a block in Burlington without bumping into original art — nearly every store and cafe has some on display. Here's a list of art-only destinations, along with a few of our favorite cultural attractions. They're worth a visit, especially if your parents are in town. Find listings for current shows and receptions each week in *Seven Days*.

Art Galleries

AMY E. TARRANT GALLERY, FLYNN CENTER FOR THE PERFORMING ARTS

153 Main St., Burlington, 855-4505
Peek in the plate-glass window on Main Street to see if you're interested in the latest show, displayed just off the Flynn's main lobby.

THE BACKSPACE

366 Pine St., Burlington, 576-2513
The 1700-square-foot space houses just one of several creative endeavors in the South End Soda Plant. An addendum to the S.P.A.C.E. Gallery and Studio Collective, this gallery sits behind Constant Metal & Light.

ALL FIRED UP

A fire station in a former life, Burlington's BCA Center has quickly established itself as the city's hot spot for eye-opening contemporary art, from quirky sculptural installations to interactive, cutting-edge computer-based projects. In addition to showcasing amazing works by local and national artists, this unique — and always happenin' — Church Street haunt transforms into a venue for concerts, movie screenings and performing arts at night.

BCA CENTER

153 Church St., Burlington, 855-7188
This retro brick building used to be a fire station. Now it presents contemporary art exhibits, classes and the occasional killer music show.

THE BERN GALLERY

130 Main St., Burlington, 865-0994
Live glassblowers make custom pendants, pipes and other pieces before your eyes at this art gallery and smoke shop. Sign up for a glassblowing lesson or hang out in the outdoor hookah bar.

THE BLOCK GALLERY & COFFEEHOUSE

1 E. Allen St., Winooski, 373-5150
Sip a raw-chocolate mocha while sipping out the work of Vermont artists and artisans, including hand-turned bowls and goats-milk soap.

MARK BOEDGES FINE ART GALLERY

100 Battery St., Burlington, 735-7317
Mark and Rebecca Boedges show his richly layered landscape and still-life paintings, as well as high-quality representational work by several other local artists.

DARKROOM GALLERY

12 Main St., Essex Jct., 777-3680
Shutterbugs flock to this art space devoted to photographers. See their snaps — and learn to improve your own — in exhibits, classes and seminars.

DAVIS STUDIO GALLERY, SEABA CENTER

404 Pine St., Burlington, 858-8223
Take a sampler workshop in mosaics or painting, or check out the regular shows hosted by the South End Arts and Business Association. Its other location — the Davis Studio at 4 Howard Street — hosts even more classes.

FLYNN0000

260 Flynn Ave., Burlington
This funky community art space has nothing to do with the Flynn Center. Feast your eyes, then your stomach, Chef's Corner Cafe & Bakery — South End is located here, too.

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Arts & Culture

Arts & Culture CONTINUED

FROG HOLLOW VERMONT STATE CRAFT CENTER

83 Church St., Burlington, 863-6438
This Church Street boutique exhibits and sells lots of high-end, locally made arts and crafts. Go here to buy Christmas gifts for your family.

METROPOLITAN GALLERY, BURLINGTON CITY HALL

148 Church St., Burlington, 865-1160
There's a gallery at City Hall because even the government likes art.

ROSE STREET ARTISTS' COOPERATIVE AND GALLERY

78 Rose St., Burlington, no phone
Co-op residents curate this community gallery in the Old North End.

SANCTUARY ARTSITE, JON DESIGN

47 Maple St., Burlington, 864-5884
Jager DiPaola Kemp Design curates this artspace, which is now a part of Magliano's. They don't have regular exhibits, but if the obercool design firm is showcasing something, it's worth seeing.

SCARLET GALLERIES

138 Bank St., Burlington, 497-3010
Freshly minted UVM grads Julian Cardinal and Zachary Piner opened this gallery in 2012. Look for Cardinal's expressionistic figurative paintings and the untitled landscapes of his father, Cape Cod artist Robert Cardinal.

THE S.P.A.C.E. GALLERY AND STUDIO COLLECTIVE

288 Pine St., Burlington, 578-2312
Tucked right behind Conant Metal & Light in the Soda Plant building, the shop is home to 15 working artists' studios, as well as one large exhibition space.

UNION STATION

1 Main St., Burlington, 864-1337
The coolest thing about this former train station are the gargoyles on the roof — they're kind of Q&A-esque winged monkeys. This spot is home to the Art's Alive gallery, too.

VGAM STUDIO

308 Flynn Ave., Burlington, 861-8862
SEABA curates all sorts of eclectic art at this public-access cable studio, adjacent to the Flynnlog. It also hosts free workshops on video production and digital cinematography.

VINTAGE INSPIRED

180 Flynn Ave., #2, Burlington, 488-3700
This "lifestyle marketplace" sells antiques and vintage goods and also exhibits contemporary art. Much of it is, as the name implies, vintage inspired.

WINDOSKI WELCOME CENTER

41 Main St., Winooski, no phone
This eclectic shop and contemporary art gallery lies on the first floor of Spanner Place. In the summer months, it's the epicenter of the Green City's red Pop-Up Gallery District.

Museums & Cultural Attractions

ECHO LAKE AQUARIUM AND SCIENCE CENTER/LEAHY CENTER FOR LAKE CHAMPLAIN

1 College St., Burlington, 864-1848
You won't find any tropical fish at this waterfront science center — it showcases plants and animals that live in Lake Champlain. There are some monstrous, 40-pound lake sturgeon, though.

FLEMING MUSEUM, UNIVERSITY OF VERMONT

61 Colchester Ave.,
Burlington, 638-0750
This university museum has a dazzling marble foyer and boasts 25,000 art objects in its extensive permanent collections. It hosts nine special exhibitions annually, too, and a fee with your student ID. Score.

HELEN DAY ART CENTER

5 School St., Stowe, 253-8358
The Stowe area is a visual arts mecca, and it has the fine art galleries to prove it. Helen Day features the work of contemporary artists from Vermont and beyond.

LAKE CHAMPLAIN MARITIME MUSEUM

4472 Basin Harbor Rd.,
Vergennes, 475-2022
Visit this museum between May and October to explore the lake's 500-plus sunken ships at the Nautical Archaeology Center, or step aboard a replica 1776 gunboat.

SHELBURNE FARMS

1811 Harbor Rd.,
Shelburne, 885-8880
Wander the barns, dairy, bakery and cheesemaking operations, or pet the sheep at this 1,400-acre working farm and nonprofit environmental-education center.

SHELBURNE MUSEUM

8000 Shelburne Rd.,
Shelburne, 885-3348
Vermont's largest folk-art museum has 39 exhibition buildings, including a fully restored, 230-foot passenger steamboat that once plied the waters of Lake Champlain. It's open mid-May to late October, though construction on a year-round arts and education center is underway.

VERMONT FOLKLORE CENTER

88 Main St., Middlebury, 388-4884
The Folklife Center attempts to preserve and present all of the state's cultural traditions, not just the ones related to skiing and sugaring. Recent exhibits have included art by drag queens and Mexican farmworkers.

VERMONT HISTORY MUSEUM

100 State St., Montpelier, 828-2301
Get the Offshoots version of Vermont's past from the multimedia "Freedom and Unity: One Ideal, Many Stories" exhibit. Walk through an Abenaki wigwam or belly up to the bar at a re-creation of the Calamont Tavern, where Ethan Allen gathered his Green Mountain Boys.

WEST BRANCH GALLERY & SCULPTURE PARK

17 Trowen Farm Ln., Stowe, 253-8843
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• 21A Essex Way Essex Jct. 878-
0234 (with pharmacy)
• 218 Hannaford Dr. S. Burlington
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- 78 Marshall Ave. Wilston 878-0602 (with pharmacy)
- 1127 North Ave. Burlington, 862-8040 (with pharmacy)

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292 Dorset St. S. Burlington
863-2569

MAC'S MARKET
101 Pearl St. Essex Jct., 872-6770

NATURAL PROVISIONS
329 Harvest Ln. #300 Wilston
878-1400

PRICE CHOPPER
• 90 Center Rd. Essex 878-5163
• 41 Hinesburg Rd. S. Burlington,
864-9176 (24-hour store and
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- 1394 Pine Rd. Colchester,
603-9409
- 595 Shelburne Rd., S. Burlington,
603-9826 (24-hour store and
pharmacy)

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• 570 Shelburne Rd. Burlington
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• 66 Mountain View Dr., Colchester,
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(see Grocery Stores/Markets, p. 88)

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(see Grocery Stores/Markets, p. 88)

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- 3024 North Ave., Burlington, 865-7822
- 9 Saxe Wisco Rd., Essex Jct., 872-1800
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(see Grocery Stores/Markets, p. 88)

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(see Bookstores, p. 85)

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cram session with Mistress Maeve

A Q&A with *Seven Days'* expert in love and lust

● My roommate and I get along really well and hang out all the time. But how am I supposed to get any "alone time" with the guy I'm seeing — or even with myself, if you know what I mean — when she's always there?

— *Invaders of Privacy in Pearl Hall*

● Having a roommate constantly home is a bummer, no matter how well you get along. But it's her room, too, so it's not appropriate to ask her to leave while you get your freak on. Does the guy you're seeing have more privacy at his place? If so, keep an overnight bag at the ready and enjoy the solitude in his domain. If not, it looks like you'll have to plan your intimate entanglements around your roommate's class schedule.

As for your personal "alone time," I have two words for you: the shower. That's where you'll find privacy during college. Feeling adventurous? Try a waterproof toy from *Good Stuff* in Church Street. Just make sure it doesn't buzz too loudly!

● I hooked up with this girl after a party, and there was crazy chemistry. I think she's into me, too. How can I turn a one-night stand into a relationship?

— *Let's Go Steady in Ruddy Hall*

● Here's a crazy idea: Ask her out! And don't start some never-ending, texting game that adds to the hook-up confusion — go old-school and pick up the phone. Invite her to see a band downtown or grab brunch on Sunday. If you're direct, she'll know you're serious. Her response will let you know if she's serious, too.

● I can't believe I'm about to say this, but I'm majorly crushing on my 24-year-old professor. How can I tell if he's interested without totally humiliating myself?

— *Hot for Teacher in HS Hall*

● I've got some pieces of advice for you. Don't do it. While I understand the appeal of being "hot for teacher," relationships between

students and professors are highly inappropriate. Plus, if he's got two brain cells to rub together, he'll rebuke any advances you make, as any other response could run his career. Enjoy the eye candy during class, but don't make your feelings known. If you're still hot for him after graduation, consider telling him then.

● I walked in on my roommate having sex. I've totally grossed out, and now things are super awkward with her. Help!

— *Backbit Door in Suxell Hall*

● You're an adult now, and guess what — adults have sex. Shocking, I know! It's unfortunate that you walked in on your roommate getting it on, but I think you're being overly dramatic. To cut the awkwardness, have a conversation with your roommate. Apologize for raising the moment, and ask her to please try to be more discreet by having any time when you're brought to walk through the door (during your two-hour biology lab or when you're off campus for the weekend, for example). If she's a good roommate, she will accommodate.

● I'm gay. Should I tell my roommate?

— *LGBCQ in Lyons Hall*

● It's not up to me, or anyone else, to tell you when to come out, especially to people you're sharing space with. That said, I'm a huge advocate of being truthfully and with pride. You deserve to be who you are at all times, especially in your own home.

If you need support or help in telling your roommate, check out your campus' LGBTQ services. Meeting other queer students will expand your circle of friends and make coming out an even more gratifying experience.

If you're worried about telling your roommate because they're openly homophobic and you think they'll ditch you, well, needless to say it's time to get new roommates anyway.

● I've slept with a few different guys, but I've never had an orgasm. What's wrong with me?

— *No Go in North House*

● Absolutely nothing is wrong with you. For dudes, climaxing is about as easy as counting to 10. For women, it's a more complex undertaking, in which partners need to be both physically precise and emotionally in sync. Are you able to orgasm from masturbating? If not, or if you've never tried, that's the place to start. Listen to me when I tell you: If you don't know what makes you come, you can't expect others to magically know. Schedule some time with yourself and really assess what makes you tick — is it clitoral stimulation, vaginal, or both? Invest in a vibrator and see what happens. Above all else, the journey to self-pleasure should be fun, fun, fun! Once you know what works for you, share your findings with your partners. A mind-blowing lady orgasm takes lots of communication, and any guy worth your time will be only too happy to listen. **WG**

Got a question for Mistress?

Email her at mistress@wedenight.com. Mistress Maeve responds to readers each Wednesday in *Seven Days*.



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Meet Lora.

She started dancing at a young age in Ukraine and now studies classical ballet and contemporary at university in Los Angeles. She loves languages, fashion (she hopes to design her hair into something like a t-dog) and reading (she knows how many words). Her favorite American Apparel style is basic. It's really observable observation rarely gets to feel her flexibility training is practical use. We first found Lora via her performance in www.americanapparel.com, and we've been enjoying her energy, sense of humor, and yes, her famous flexibility, ever since. She is wearing the Cotton Spandex Jersey Studio II Bodysuit.

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